

# Nutrition Facts

Servings: 6

Amount per serving

**Calories** **196**

% Daily Value\*

**Total Fat** 7.7g **10%**

Saturated Fat 1.2g **6%**

**Cholesterol** 0mg **0%**

**Sodium** 174mg **8%**

**Total Carbohydrate** 24.9g **9%**

Dietary Fiber 9.3g **33%**

Total Sugars 1.3g

**Protein** 8.9g

Vitamin D 0mcg **0%**

Calcium 38mg **3%**

Iron 2mg **12%**

Potassium 470mg **10%**