

# Nutrition Facts

Servings: 6

Amount per serving

**Calories** **293**

% Daily Value\*

**Total Fat** 9.1g **12%**

Saturated Fat 0.8g **4%**

**Cholesterol** 97mg **32%**

**Sodium** 557mg **24%**

**Total Carbohydrate** 18.2g **7%**

Dietary Fiber 3.8g **14%**

Total Sugars 10.9g

**Protein** 35.3g

Vitamin D 0mcg **1%**

Calcium 52mg **4%**

Iron 3mg **16%**

Potassium 1197mg **25%**