

Nutrition Facts

Servings: 4

Amount per serving
Calories 308

% Daily Value*

Total Fat 14g 18%

Saturated Fat 2.2g 11%

Cholesterol 0mg 0%

Sodium 311mg 14%

Total Carbohydrate 32.4g 12%

Dietary Fiber 11.8g 42%

Total Sugars 6.7g

Protein 17.5g

Vitamin D 0mcg 0%

Calcium 182mg 14%

Iron 6mg 35%

Potassium 780mg 17%