

Nutrition Facts

Servings: 4

Amount per serving

Calories **176**

% Daily Value*

Total Fat 12.3g **16%**

Saturated Fat 4.1g **20%**

Cholesterol 19mg **6%**

Sodium 83mg **4%**

Total Carbohydrate 10.1g **4%**

Dietary Fiber 1.8g **6%**

Total Sugars 4.4g

Protein 8.2g

Vitamin D 0mcg **0%**

Calcium 207mg **16%**

Iron 1mg **8%**

Potassium 265mg **6%**