

Nutrition Facts

Servings: 4

Amount per serving

Calories **223**

% Daily Value*

Total Fat 5.2g **7%**

Saturated Fat 0.5g **2%**

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 41.7g **15%**

Dietary Fiber 5.5g **20%**

Total Sugars 12g

Protein 4.7g

Vitamin D 0mcg **0%**

Calcium 22mg **2%**

Iron 1mg **8%**

Potassium 161mg **3%**