

Nutrition Facts

Servings: 4

Amount per serving

Calories **323**

% Daily Value*

Total Fat 11.3g **14%**

Saturated Fat 1.6g **8%**

Cholesterol 0mg **0%**

Sodium 304mg **13%**

Total Carbohydrate 41.1g **15%**

Dietary Fiber 12.6g **45%**

Total Sugars 2.5g

Protein 15.8g

Vitamin D 0mcg **0%**

Calcium 48mg **4%**

Iron 3mg **15%**

Potassium 484mg **10%**