

# Nutrition Facts

Servings: 2

Amount per serving

**Calories** **232**

**% Daily Value\***

**Total Fat** 8.6g **11%**

Saturated Fat 7.3g **36%**

**Cholesterol** 6mg **2%**

**Sodium** 27mg **1%**

**Total Carbohydrate** 34g **12%**

Dietary Fiber 2.5g **9%**

Total Sugars 23.1g

**Protein** 7.6g

Vitamin D 0mcg **0%**

Calcium 82mg **6%**

Iron 1mg **6%**

Potassium 538mg **11%**

*\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.*