

Nutrition Facts

Servings: 4

Amount per serving

Calories

219

% Daily Value*

Total Fat 19.3g **25%**

Saturated Fat 2.5g **12%**

Cholesterol 18mg **6%**

Sodium 596mg **26%**

Total Carbohydrate 14.2g **5%**

Dietary Fiber 1.4g **5%**

Total Sugars 10.3g

Protein 12.9g

Vitamin D 50mcg **249%**

Calcium 286mg **22%**

Iron 1mg **5%**

Potassium 335mg **7%**