

# Nutrition Facts

Servings: 6

Amount per serving

**Calories** **385**

**% Daily Value\***

**Total Fat** 13.4g **17%**

Saturated Fat 7.4g **37%**

**Cholesterol** 96mg **32%**

**Sodium** 183mg **8%**

**Total Carbohydrate** 49.8g **18%**

Dietary Fiber 0g **0%**

Total Sugars 2.2g

**Protein** 15.8g

Vitamin D 21mcg **106%**

Calcium 196mg **15%**

Iron 3mg **17%**

Potassium 232mg **5%**