

Nutrition Facts

Servings: 4

Amount per serving

Calories **199**

% Daily Value*

Total Fat 10.8g **14%**

Saturated Fat 2.4g **12%**

Cholesterol 51mg **17%**

Sodium 281mg **12%**

Total Carbohydrate 8g **3%**

Dietary Fiber 2g **7%**

Total Sugars 3.6g

Protein 18.6g

Vitamin D 0mcg **0%**

Calcium 30mg **2%**

Iron 12mg **64%**

Potassium 465mg **10%**