

Nutrition Facts

Servings: 2

Amount per serving

Calories **284**

% Daily Value*

Total Fat 16.6g **21%**

Saturated Fat 2.6g **13%**

Cholesterol 1mg **0%**

Sodium 422mg **18%**

Total Carbohydrate 31.4g **11%**

Dietary Fiber 7.3g **26%**

Total Sugars 10.5g

Protein 10.3g

Vitamin D 0mcg **0%**

Calcium 75mg **6%**

Iron 2mg **10%**

Potassium 653mg **14%**