

Nutrition Facts

Servings 2.0

Amount Per Serving

Calories 135

% Daily Value *

Total Fat 3 g 4 %

Saturated Fat 1 g 3 %

Monounsaturated Fat 0 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 84 mg 4 %

Potassium 345 mg 10 %

Total

Carbohydrate 28 g 9 %

Dietary Fiber 2 g 8 %

Sugars 24 g

Protein 2 g 5 %

Vitamin A 26 %

Vitamin C 29 %

Calcium 25 %

Iron 5 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.
