

Nutrition Facts

Servings 4.0

Amount Per Serving

Calories 233

% Daily Value *

Total Fat 1 g 2 %

Saturated Fat 1 g 4 %

Monounsaturated Fat 0 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 4 mg 1 %

Sodium 33 mg 1 %

Potassium 78 mg 2 %

Total

Carbohydrate 52 g 17 %

Dietary Fiber 5 g 21 %

Sugars 43 g

Protein 11 g 22 %

Vitamin A 13 %

Vitamin C 316 %

Calcium 11 %

Iron 4 %

* 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.
