

Nutrition Facts

Servings 5.0

Amount Per Serving

Calories 229

% Daily Value *

Total Fat 7 g 10 %

Saturated Fat 1 g 6 %

Monounsaturated Fat 0 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 4 mg 1 %

Sodium 1294 mg 54 %

Potassium 1040 mg 30 %

**Total
Carbohydrate 30 g 10 %**

Dietary Fiber 9 g 37 %

Sugars 10 g

Protein 14 g 29 %

Vitamin A 125 %

Vitamin C 26 %

Calcium 20 %

Iron 31 %

* 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.
