

# Nutrition Facts

Servings 2.0	
Amount Per Serving	
Calories 134	
% Daily Value *	
Total Fat 2 g	3 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 5 mg	2 %
Sodium 33 mg	1 %
Potassium 3 mg	0 %
Total	
Carbohydrate 19 g	6 %
Dietary Fiber 2 g	8 %
Sugars 16 g	
Protein 11 g	21 %
Vitamin A	191 %
Vitamin C	4 %
Calcium	12 %
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