

# Nutrition Facts

Servings 2.0	
Amount Per Serving	
Calories 274	
% Daily Value *	
Total Fat 6 g	10 %
Saturated Fat 3 g	16 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 20 mg	7 %
Sodium 1912 mg	80 %
Potassium 833 mg	24 %
Total	
Carbohydrate 44 g	15 %
Dietary Fiber 7 g	30 %
Sugars 16 g	
Protein 12 g	24 %
Vitamin A	440 %
Vitamin C	285 %
Calcium	43 %
Iron	24 %

\* 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.