

Yam Kale and Goat Cheese Crustless Quiche

Nutrition Facts

Servings 6.0		
Amount Per Serving		
Calories 230		
% Daily Value *		
Total Fat 19 g		30 %
Saturated Fat 3 g		17 %
Monounsaturated Fat 0 g		
Polyunsaturated Fat 0 g		
Trans Fat 0 g		
Cholesterol 55 mg		18 %
Sodium 765 mg		32 %
Potassium 628 mg		18 %
Total		
Carbohydrate 33 g		11 %
Dietary Fiber 6 g		22 %
Sugars 1 g		
Protein 10 g		19 %
Vitamin A		51 %
Vitamin C		38 %
Calcium		12 %
Iron		9 %

* 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.