

Healthy Pumpkin Goat Cheese Squares

Nutrition Facts

Servings 9.0

Amount Per Serving

Calories 346

% Daily Value *

Total Fat 21 g 32 %

Saturated Fat 7 g 37 %

Monounsaturated Fat 6 g

Polyunsaturated Fat 3 g

Trans Fat 0 g

Cholesterol 35 mg 12 %

Sodium 12725 mg 530 %

Potassium 120 mg 3 %

Total

Carbohydrate 33 g 11 %

Dietary Fiber 6 g 23 %

Sugars 14 g

Protein 12 g 24 %

Vitamin A 225 %

Vitamin C 17 %

Calcium 9 %

Iron 13 %

* 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.
