

Nutrition Facts

Serving size

1/6 recipe

Amount Per Serving

Calories

120

% Daily Value*

Total Fat 4.5g **6%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 150mg **6%**

Total Carbohydrate 17g **6%**

Dietary Fiber 3g **11%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 1g **2%**

Vitamin D 0mcg **0%**

Calcium 39mg **4%**

Iron 0.54mg **4%**

Potassium 376mg **8%**

Vitamin A 2214mcg **250%**

Vitamin C 2.7mg **4%**

Folate 8mcg **2%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.