

Nutrition Facts

Serving size

1/10 of recipe

Amount Per Serving

Calories

170

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 0.6g **3%**

Trans Fat 0g

Polyunsaturated Fat 1.1g

Monounsaturated Fat 0.8g

Cholesterol 35mg **12%**

Sodium 370mg **16%**

Total Carbohydrate 33g **12%**

Dietary Fiber 2g **7%**

Total Sugars 12g

Includes 7g Added Sugars **14%**

Protein 4g **8%**

Vitamin D 0.2mcg 0%

Calcium 75mg 6%

Iron 1.4mg 8%

Potassium 178mg 4%

*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.