

Nutrition Facts

Serving size

1/4 recipe

Amount Per Serving

Calories

35

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 300mg **13%**

Total Carbohydrate 8g **3%**

Dietary Fiber 2g **7%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 2g **4%**

Vitamin D 0mcg **0%**

Calcium 39mg **4%**

Iron 0.54mg **4%**

Potassium 423mg **8%**

Vitamin A 99mcg **10%**

Vitamin C 33.3mg **35%**

Folate 28mcg **8%**

*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.