

Nutrition Facts

1 servings per container

Serving size

Entire recipe

Amount Per Serving

Calories

210

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 0.518g **3%**

Trans Fat 0.004g

Polyunsaturated Fat 0.934g

Monounsaturated Fat 0.828g

Cholesterol < 5mg **1%**

Sodium 60mg **3%**

Total Carbohydrate 37g **13%**

Dietary Fiber 4g **14%**

Total Sugars 11g

Includes 4g Added Sugars **8%**

Protein 9g **18%**

Vitamin D 1.439mcg **8%**

Calcium 176mg **15%**

Iron 1.758mg **10%**

Potassium 338mg **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.