

Nutrition Facts

Serving size 1 mug (entire recipe)

Amount Per Serving

Calories

290

% Daily Value*

Total Fat 12g **15%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

Polyunsaturated Fat 0.7g

Monounsaturated Fat 5g

Cholesterol 70mg **23%**

Sodium 580mg **25%**

Total Carbohydrate 21g **8%**

Dietary Fiber 3g **11%**

Total Sugars 8g

Includes 4g Added Sugars **8%**

Protein 23g **46%**

Vitamin D 0.2mcg 0%

Calcium 57mg 4%

Iron 3mg 15%

Potassium 492mg 10%

*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.