

Nutrition Facts

1 servings per container

Serving size

Whole recipe

Amount Per Serving

Calories

370

% Daily Value*

Total Fat 12g **15%**

Saturated Fat 2.7g **14%**

Trans Fat 0g

Polyunsaturated Fat 3.3g

Monounsaturated Fat 5g

Cholesterol 0mg **0%**

Sodium 380mg **17%**

Total Carbohydrate 62g **23%**

Dietary Fiber 8g **29%**

Total Sugars 22g

Includes 2g Added Sugars **4%**

Protein 9g **18%**

Vitamin D 0mcg **0%**

Calcium 110mg **8%**

Iron 2mg **10%**

Potassium 700mg **15%**

*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.