

# Nutrition Facts

Serving size

1/8 recipe

Amount Per Serving

**Calories**

**210**

% Daily Value\*

**Total Fat** 3.5g **4%**

Saturated Fat 2g **10%**

*Trans* Fat 0g

**Cholesterol** 10mg **3%**

**Sodium** 15mg **1%**

**Total Carbohydrate** 43g **16%**

Dietary Fiber 4g **14%**

Total Sugars 32g

Includes 21g Added Sugars **42%**

**Protein** 2g **4%**

Vitamin D 0.4mcg **2%**

Calcium 26mg **2%**

Iron 0.72mg **4%**

Potassium 188mg **4%**

Vitamin A 18mcg **2%**

Vitamin C 9mg **10%**

Folate 8mcg **2%**

\*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.