

Nutrition Facts

Serving size

1/6 recipe

Amount Per Serving

Calories

250

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 290mg **13%**

Total Carbohydrate 34g **12%**

Dietary Fiber 8g **29%**

Total Sugars 9g

Includes 0g Added Sugars **0%**

Protein 15g **30%**

Vitamin D 0mcg 0%

Calcium 104mg 8%

Iron 2.7mg 15%

Potassium 705mg 15%

Vitamin A 45mcg 4%

Vitamin C 9mg 10%

Folate 100mcg 25%

*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.