

Nutrition Facts

Serving size

Entire recipe

Amount Per Serving

Calories

490

% Daily Value*

Total Fat 15g **19%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Polyunsaturated Fat 3.1g

Monounsaturated Fat 5.8g

Cholesterol 55mg **18%**

Sodium 540mg **23%**

Total Carbohydrate 59g **21%**

Dietary Fiber 9g **32%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 33g **66%**

Vitamin D 0.1mcg 0%

Calcium 151mg 10%

Iron 5mg 30%

Potassium 706mg 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.