

Nutrition Facts

Serving size 1/9 of casserole

Amount Per Serving

Calories **220**

% Daily Value*

Total Fat 9g **12%**

Saturated Fat 3.2g **16%**

Trans Fat 0g

Polyunsaturated Fat 1.2g

Monounsaturated Fat 4g

Cholesterol 20mg **7%**

Sodium 610mg **27%**

Total Carbohydrate 24g **9%**

Dietary Fiber 5g **18%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 12g **24%**

Vitamin D 0.3mcg **2%**

Calcium 165mg **15%**

Iron 1.5mg **8%**

Potassium 440mg **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.