

Nutrition Facts

Serving size 1 Whole recipe

Amount Per Serving

Calories **170**

% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 1.3g **7%**

Trans Fat 0g

Polyunsaturated Fat 0.2g

Monounsaturated Fat 0.5g

Cholesterol 5mg **2%**

Sodium 100mg **4%**

Total Carbohydrate 32g **12%**

Dietary Fiber 3g **11%**

Total Sugars 21g

Includes 0g Added Sugars **0%**

Protein 8g **16%**

Vitamin D 0mcg **0%**

Calcium 283mg **20%**

Iron 0.7mg **4%**

Potassium 721mg **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.