

Nutrition Facts

Serving Size 1/4 of recipe 161g (161 g)

Amount Per Serving

Calories 230

Calories from Fat 23

% Daily Value*

Total Fat 3g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 331mg 14%

Total Carbohydrate 31g 10%

Dietary Fiber 0g 0%

Sugars 1g

Protein 20g

Vitamin A 0% • Vitamin C 0%

Calcium 1% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.