

Nutrition Facts

Serving Size 1/6 of recipe 163g (163 g)

Amount Per Serving

Calories 151

Calories from Fat 24

% Daily Value*

Total Fat 2g 4%

Saturated Fat 1g 3%

Trans Fat 0g

Cholesterol 43mg 14%

Sodium 380mg 16%

Total Carbohydrate 14g 5%

Dietary Fiber 2g 7%

Sugars 10g

Protein 18g

Vitamin A 6% • Vitamin C 6%

Calcium 1% • Iron 6%

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