

Nutrition Facts

Serving Size Entire Recipe 292g (291 g)

Amount Per Serving

Calories 261

Calories from Fat 29

% Daily Value*

Total Fat 3g 5%

Saturated Fat 2g 8%

Trans Fat 0g

Cholesterol 77mg 26%

Sodium 511mg 21%

Total Carbohydrate 26g 9%

Dietary Fiber 1g 4%

Sugars 16g

Protein 32g

Vitamin A 23% • Vitamin C 4%

Calcium 62% • Iron 3%

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