

Nutrition Facts

Serving Size Entire Recipe 33g (32 g)

Amount Per Serving

Calories 126

Calories from Fat 18

% Daily Value*

Total Fat 2g 3%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 70mg 23%

Sodium 51mg 2%

Total Carbohydrate 4g 1%

Dietary Fiber 1g 5%

Sugars 1g

Protein 23g

Vitamin A 0% • Vitamin C 0%

Calcium 11% • 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.