

# Nutrition Facts

Serving Size Entire Recipe 129g (129 g)

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## Amount Per Serving

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**Calories** 252

Calories from Fat 97

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### % Daily Value\*

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**Total Fat** 11g 17%

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Saturated Fat 1g 5%

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Trans Fat 0g

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**Cholesterol** 0mg 0%

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**Sodium** 60mg 2%

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**Total Carbohydrate** 9g 3%

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Dietary Fiber 2g 6%

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Sugars 1g

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**Protein** 28g

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Vitamin A 0% • Vitamin C 0%

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Calcium 1% • Iron 2%

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