

# Nutrition Facts

Servings: 6

Amount per serving

**Calories** **254**

**% Daily Value\***

**Total Fat** 7.7g **10%**

Saturated Fat 1.7g **9%**

**Cholesterol** 3mg **1%**

**Sodium** 660mg **29%**

**Total Carbohydrate** 34.4g **12%**

Dietary Fiber 9.5g **34%**

Total Sugars 8.4g

**Protein** 15.3g

Vitamin D 0mcg **0%**

Calcium 99mg **8%**

Iron 5mg **27%**

Potassium 1114mg **24%**