

Nutrition Facts

Servings: 4

Amount per serving

Calories **198**

% Daily Value*

Total Fat 10.6g **14%**

Saturated Fat 3.3g **16%**

Cholesterol 10mg **3%**

Sodium 624mg **27%**

Total Carbohydrate 14.7g **5%**

Dietary Fiber 3g **11%**

Total Sugars 1.3g

Protein 8.3g

Vitamin D 0mcg **0%**

Calcium 148mg **11%**

Iron 1mg **5%**

Potassium 138mg **3%**