

Nutrition Facts

Servings: 4

Amount per serving

Calories **227**

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 1g **5%**

Cholesterol 30mg **10%**

Sodium 364mg **16%**

Total Carbohydrate 36.4g **13%**

Dietary Fiber 4.1g **15%**

Total Sugars 7.7g

Protein 8.5g

Vitamin D 0mcg **0%**

Calcium 62mg **5%**

Iron 5mg **27%**

Potassium 1108mg **24%**