

# Nutrition Facts

Servings: 6

Amount per serving

**Calories** **411**

**% Daily Value\***

**Total Fat** 27.2g **35%**

Saturated Fat 8g **40%**

**Cholesterol** 150mg **50%**

**Sodium** 1470mg **64%**

**Total Carbohydrate** 12.3g **4%**

Dietary Fiber 2g **7%**

Total Sugars 6.8g

**Protein** 34.6g

Vitamin D 0mcg **0%**

Calcium 28mg **2%**

Iron 3mg **18%**

Potassium 186mg **4%**

*\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*