

Nutrition Facts

Servings: 4

Amount per serving

Calories **318**

% Daily Value*

Total Fat 19.1g **25%**

Saturated Fat 5.1g **25%**

Cholesterol 135mg **45%**

Sodium 411mg **18%**

Total Carbohydrate 7.1g **3%**

Dietary Fiber 0.7g **3%**

Total Sugars 0.7g

Protein 31.9g

Vitamin D 63mcg **315%**

Calcium 25mg **2%**

Iron 1mg **7%**

Potassium 479mg **10%**