

Nutrition Facts

Servings: 4

Amount per serving

Calories 116

% Daily Value*

Total Fat 1.4g **2%**

Saturated Fat 0.8g

4%

Cholesterol 23mg

8%

Sodium 50mg

2%

Total Carbohydrate 17.3g

6%

Dietary Fiber 3.4g

12%

Total Sugars 8.3g

Protein 10.5g

Vitamin D 0mcg

0%

Calcium 60mg

5%

Iron 2mg

9%

Potassium 360mg

8%