

# Nutrition Facts

Servings: 4

Amount per serving

**Calories** **148**

**% Daily Value\***

**Total Fat** 5.4g **7%**

Saturated Fat 2g **10%**

**Cholesterol** 10mg **3%**

**Sodium** 41mg **2%**

**Total Carbohydrate** 16.6g **6%**

Dietary Fiber 1.8g **7%**

Total Sugars 9.3g

**Protein** 8.9g

Vitamin D 0mcg **0%**

Calcium 125mg **10%**

Iron 1mg **5%**

Potassium 204mg **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.*