

Nutrition Facts

Servings: 2

Amount per serving

Calories **213**

% Daily Value*

Total Fat 15.6g **20%**

Saturated Fat 5.6g **28%**

Cholesterol 342mg **114%**

Sodium 221mg **10%**

Total Carbohydrate 2.4g **1%**

Dietary Fiber 0.7g **2%**

Total Sugars 1.4g

Protein 16.6g

Vitamin D 157mcg **784%**

Calcium 198mg **15%**

Iron 3mg **17%**

Potassium 324mg **7%**

**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.*