

Nutrition Facts

Servings: 6

Amount per serving

Calories **259**

% Daily Value*

Total Fat 8.6g **11%**

Saturated Fat 1.2g **6%**

Cholesterol 1mg **0%**

Sodium 355mg **15%**

Total Carbohydrate 34.6g **13%**

Dietary Fiber 8g **29%**

Total Sugars 5g

Protein 15.9g

Vitamin D 0mcg **0%**

Calcium 243mg **19%**

Iron 5mg **30%**

Potassium 779mg **17%**