

Nutrition Facts

Servings: 4

Amount per serving

Calories **304**

% Daily Value*

Total Fat 14.9g **19%**

Saturated Fat 2.3g **12%**

Cholesterol 13mg **4%**

Sodium 490mg **21%**

Total Carbohydrate 31.4g **11%**

Dietary Fiber 9.3g **33%**

Total Sugars 1.6g

Protein 13.1g

Vitamin D 0mcg **0%**

Calcium 26mg **2%**

Iron 1mg **8%**

Potassium 420mg **9%**

**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.*