

Nutrition Facts

Servings: 4

Amount per serving

Calories

586

% Daily Value*

Total Fat 18g **23%**

Saturated Fat 1.5g **8%**

Cholesterol 0mg **0%**

Sodium 324mg **14%**

Total Carbohydrate 69.6g **25%**

Dietary Fiber 5.1g **18%**

Total Sugars 6.1g

Protein 35.3g

Vitamin D 0mcg **0%**

Calcium 59mg **5%**

Iron 4mg **21%**

Potassium 308mg **7%**