

Nutrition Facts

Serving size

1/3 recipe

Amount Per Serving

Calories

230

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Polyunsaturated Fat 0.4g

Monounsaturated Fat 0.4g

Cholesterol < 5mg **1%**

Sodium 120mg **5%**

Total Carbohydrate 48g **17%**

Dietary Fiber 4g **14%**

Total Sugars 35g

Includes 22g Added Sugars **44%**

Protein 7g **14%**

Vitamin D 1.4mcg **6%**

Calcium 138mg **10%**

Iron 1.1mg **6%**

Potassium 379mg **8%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.