

Nutrition Facts

Serving size

Entire recipe

Amount Per Serving

Calories

470

% Daily Value*

Total Fat 15g **19%**

Saturated Fat 7.5g **38%**

Trans Fat 0g

Polyunsaturated Fat 1.5g

Monounsaturated Fat 3g

Cholesterol 45mg **15%**

Sodium 380mg **17%**

Total Carbohydrate 60g **22%**

Dietary Fiber 8g **29%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 27g **54%**

Vitamin D 0.1mcg **0%**

Calcium 477mg **35%**

Iron 3.3mg **20%**

Potassium 337mg **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.