

Nutrition Facts

Serving size

Entire recipe

Amount Per Serving

Calories

230

% Daily Value*

Total Fat 11g **14%**

Saturated Fat 4.6g **23%**

Trans Fat 0g

Polyunsaturated Fat 1.4g

Monounsaturated Fat 3.5g

Cholesterol 200mg **67%**

Sodium 250mg **11%**

Total Carbohydrate 19g **7%**

Dietary Fiber 2g **7%**

Total Sugars 5g

Includes 2g Added Sugars **4%**

Protein 5g **10%**

Vitamin D 1.8mcg **8%**

Calcium 165mg **15%**

Iron 1.5mg **8%**

Potassium 249mg **6%**

*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.