

Nutrition Facts

Serving size

Entire recipe

Amount Per Serving

Calories

380

% Daily Value*

Total Fat 24g	31%
Saturated Fat 6g	30%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 10g	
Monounsaturated Fat 6.4g	
Cholesterol 195mg	65%
Sodium 600mg	26%
Total Carbohydrate 24g	9%
Dietary Fiber 5g	18%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 19g	38%
Vitamin D 1.3mcg	6%
Calcium 243mg	20%
Iron 4.5mg	25%
Potassium 1035mg	20%

*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.