

# Nutrition Facts

Servings 1.0

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## Amount Per Serving

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**calories** 159

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### % Daily Value \*

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**Total Fat** 6 g 9 %

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Saturated Fat 1 g 5 %

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Monounsaturated Fat 0 g

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Polyunsaturated Fat 0 g

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Trans Fat 0 g

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**Cholesterol** 0 mg 0 %

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**Sodium** 22 mg 1 %

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**Potassium** 40 mg 1 %

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### Total

**Carbohydrate** 24 g 8 %

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**Dietary Fiber** 2 g 9 %

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**Sugars** 7 g

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**Protein** 5 g 10 %

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Vitamin A 0 %

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Vitamin C 0 %

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Calcium 2 %

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Iron 6 %

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\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

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