

# Nutrition Facts

Servings 1.0

## Amount Per Serving

calories 523

### % Daily Value \*

**Total Fat** 30 g 46 %

Saturated

Fat 15 g 76 %

Monounsaturated Fat 9 g

Polyunsaturated Fat 9 g

Trans Fat 0 g

**Cholesterol** 76 mg 25 %

**Sodium** 625 mg 26 %

**Potassium** 395 mg 11 %

**Total**

**Carbohydrate** 52 g 17 %

**Dietary**

**Fiber** 11 g 45 %

**Sugars** 15 g

**Protein** 16 g 31 %

Vitamin A 378 %

Vitamin C 43 %

Calcium 84 %

Iron 25 %

\* 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.