

Nutrition Facts

Servings 1.0

Amount Per Serving

calories 482

% Daily Value *

Total Fat 21 g **32 %**

Saturated

Fat 10 g **48 %**

Monounsaturated Fat 2 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 65 mg **22 %**

Sodium 427 mg **18 %**

Potassium 291 mg **8 %**

Total

Carbohydrate 49 g **16 %**

Dietary Fiber 2 g **9 %**

Sugars 10 g

Protein 28 g **55 %**

Vitamin A **135 %**

Vitamin C **28 %**

Calcium **29 %**

Iron **14 %**

* 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.