

Nutrition Facts

Servings 1.0

Amount Per Serving

calories 381

% Daily Value *

Total Fat 4 g 5 %

Saturated Fat 0 g 0 %

Monounsaturated Fat 0 g

Polyunsaturated Fat 2 g

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 574 mg 24 %

Potassium 550 mg 16 %

Total

Carbohydrate 84 g 28 %

Dietary

Fiber 13 g 52 %

Sugars 19 g

Protein 11 g 23 %

Vitamin A 70 %

Vitamin C 55 %

Calcium 15 %

Iron 16 %

* 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.
