

Nutrition Facts

Servings 1.0

Amount Per Serving

calories 352

% Daily Value *

Total Fat 10 g **15 %**

Saturated Fat 6 g **29 %**

Monounsaturated Fat 1 g

Polyunsaturated Fat 1 g

Trans Fat 0 g

Cholesterol 0 mg **0 %**

Sodium 194 mg **8 %**

Potassium 910 mg **26 %**

Total

Carbohydrate 63 g **21 %**

Dietary

Fiber 10 g **42 %**

Sugars 8 g

Protein 8 g **16 %**

Vitamin A **281 %**

Vitamin C **74 %**

Calcium **47 %**

Iron **32 %**

* 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.
