

Nutrition Facts

Serving Size 1/8 of recipe 347g (334 g)

Servings per container 8

Amount Per Serving

Calories 231

Calories from Fat 77

% Daily Value*

Total Fat 9g 14%

Saturated Fat 7g 36%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 232mg 10%

Total Carbohydrate 34g 11%

Dietary Fiber 9g 34%

Sugars 8g

Protein 7g

Vitamin A 183% • Vitamin C 85%

Calcium 8% • Iron 18%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4