Nutrition Facts Serving Size Entire Recipe 227g (177 g)

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Amount Per Serving				
Calories 32	2	С	alories fro	om Fat 117
			% Dai	ly Value*
Total Fat 13	3g			20%
Saturated Fat 4g				18%
Trans Fa	t 0g			
Cholesterol 67mg				22%
Sodium 371mg				15%
Total Carbohydrate 23g				8%
Dietary Fiber 1g				4%
Sugars 3	9			
Protein 26g				
Vitamin A	2%	•	Vitamin (<u> </u>
Calcium	7%	•	Iron	14%
*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 Sat Fat Cholesterol	Less than Less than Less than Less than		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
Calories per gram: Fat 9 ● Carbohydrate 4 ● Protein 4				
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