Nutrition Facts

Serving Size Entire Recipe 128g (128 g)

Amount Per Serving

Calories 329 Calories from Fat 139

	% Daily Value*
Total Fat 15g	24%
Saturated Fat 6g	28%
Trans Fat 1g	
Cholesterol 73mg	24%
Sodium 277mg	12%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 25g	

Vitamin A	0%	• Vitamin C	0%
Calcium	8%	• Iron	20%

*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

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