

# 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