



Categories

Tools

Locations

Plating

Yield

Portion

Num Portions

Prep

Cook

Finish

Shelf

| Nutrition Facts | |
|--|-----------------------|
| Serving Size | 0 |
| Servings Per Container | |
| Amount Per Serving | |
| Calories 310 | Calories From Fat 140 |
| % Daily Value | |
| Total Fat 15g | 23% |
| Saturated Fat 8g | 36% |
| Trans Fat 0g | |
| Cholesterol 215 mg | 71% |
| Sodium 450mg | 19% |
| Total Carbohydrate 26g | 9% |
| Dietary Fiber 2g | 9% |
| Protein 18g | |
| Vitamin A 10% | Vitamin C 2% |
| Calcium 35% | Iron 20% |
| * Percent Daily Values are based on a 2000 calorie diet. | |

Nutrient Descriptors

Good Source of Iron
Good Source of Vitamin A
High in Calcium
High in Protein