



**Categories**

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**Plating**

**Yield**

**Portion**

**Num Portions**

**Prep**

**Cook**

**Finish**

**Shelf**

## Nutrition Facts

Serving Size 0

Servings Per Container

Amount Per Serving

**Calories 220** Calories From Fat 90

% Daily Value

**Total Fat** 10g 15%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0 mg 0%

**Sodium** 420mg 18%

**Total Carbohydrate** 48g 16%

Dietary Fiber 6g 26%

**Protein** 6g

Vitamin A 0% Vitamin C 6%

Calcium 6% Iron 8%

\* Percent Daily Values are based on a 2000 calorie diet.

## Nutrient Descriptors

Cholesterol Free

Good Source of Carbohydrates

Good Source of Protein

High in Fiber

Low Saturated Fat