



**Categories**

**Tools**

**Locations**

**Plating**

**Yield**

**Portion**

**Num Portions**

**Prep**

**Cook**

**Finish**

**Shelf**

<b>Nutrition Facts</b>	
Serving Size	0
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 800	Calories From Fat 470
% Daily Value	
<b>Total Fat</b> 52g	78%
Saturated Fat 20g	90%
Trans Fat 0g	
<b>Cholesterol</b> 110 mg	37%
<b>Sodium</b> 2280mg	95%
<b>Total Carbohydrate</b> 57g	19%
Dietary Fiber 7g	30%
<b>Protein</b> 35g	
Vitamin A 8%	Vitamin C 10%
Calcium 30%	Iron 30%
* Percent Daily Values are based on a 2000 calorie diet.	

**Nutrient Descriptors**

Good Source of Carbohydrates  
High in Calcium  
High in Fiber  
High in Iron  
High in Protein