

Categories

Tools

Locations

Plating

Yield

Portion

Num Portions

Prep

Cook

Finish

Shelf

Nutrition Facts

Serving Size 0

Servings Per Container

Amount Per Serving

Calories 320 Calories From Fat 50

% Daily Value

Total Fat 6g 9%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 10 mg 4%

Sodium 1070mg 45%

Total Carbohydrate 61g 20%

Dietary Fiber 2g 11%

Protein 5g

Vitamin A 0% Vitamin C 0%

Calcium 0% Iron 10%

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

Nutrient Descriptors

Good Source of Fiber

Good Source of Iron

Good Source of Protein

High in Carbohydrates

Low Cholesterol