



Categories

Tools

Locations

Plating

Yield

Portion

Num Portions

Prep

Cook

Finish

Shelf

| Nutrition Facts | |
|--|---------------|
| Serving Size 0 | |
| Servings Per Container | |
| Amount Per Serving | |
| Calories 590 Calories From Fat 230 | |
| % Daily Value | |
| Total Fat 25g | 37% |
| Saturated Fat 11g | 50% |
| Trans Fat 0g | |
| Cholesterol 105 mg | 35% |
| Sodium 1730mg | 72% |
| Total Carbohydrate 57g | 19% |
| Dietary Fiber 8g | 36% |
| Protein 41g | |
| Vitamin A 15% | Vitamin C 45% |
| Calcium 35% | Iron 25% |
| * Percent Daily Values are based on a 2000 calorie diet. | |

Nutrient Descriptors

- Good Source of Carbohydrates
- Good Source of Potassium
- Good Source of Vitamin A
- High in Calcium
- High in Fiber
- High in Iron
- High in Protein
- High in Vitamin C