



Categories

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Yield

Portion

Num Portions

Prep

Cook

Finish

Shelf

Nutrition Facts	
Serving Size 0	
Servings Per Container	
Amount Per Serving	
Calories 1520 Calories From Fat 1040	
% Daily Value	
Total Fat 115g	172%
Saturated Fat 37g	166%
Trans Fat 0g	
Cholesterol 270 mg	89%
Sodium 2090mg	87%
Total Carbohydrate 60g	20%
Dietary Fiber 5g	23%
Protein 65g	
Vitamin A 70%	Vitamin C 4%
Calcium 15%	Iron 45%

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

Nutrient Descriptors

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