



**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> 960 <b>Calories From Fat</b> 520	
% Daily Value	
<b>Total Fat</b> 58g	87%
Saturated Fat 31g	142%
Trans Fat 0g	
<b>Cholesterol</b> 160 mg	54%
<b>Sodium</b> 1360mg	57%
<b>Total Carbohydrate</b> 62g	21%
Dietary Fiber 10g	42%
<b>Protein</b> 45g	
Vitamin A 50%	Vitamin C 10%
Calcium 110%	Iron 30%

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

**Nutrient Descriptors**

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