



Categories

Tools

Locations

Plating

Yield

Portion

Num Portions

Prep

Cook

Finish

Shelf

Nutrition Facts	
Serving Size	0
Servings Per Container	
Amount Per Serving	
Calories 830	Calories From Fat 490
%	
Daily Value	
Total Fat 54g	81%
Saturated Fat 15g	67%
Trans Fat 0g	
Cholesterol 35 mg	11%
Sodium 2460mg	103%
Total Carbohydrate 77g	26%
Dietary Fiber 7g	29%
Protein 17g	
Vitamin A 40%	Vitamin C 15%
Calcium 45%	Iron 15%
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrient Descriptors

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