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Nutrition Facts

Serving Size 0

Servings Per Container

Amount Per Serving

Calories 330 Calories From Fat 140

% Daily Value

Total Fat 15g 22%

Saturated Fat 7g 31%

Trans Fat 0g

Cholesterol 75 mg 25%

Sodium 530mg 22%

Total Carbohydrate 26g 9%

Dietary Fiber 4g 17%

Protein 24g

Vitamin A 15% Vitamin C 70%

Calcium 35% Iron 25%

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

Nutrient Descriptors

Good Source of Fiber

Good Source of Potassium

Good Source of Vitamin A

High in Calcium

High in Iron

High in Protein

High in Vitamin C