



**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> 1470 Calories From Fat 1000	
% Daily Value	
<b>Total Fat</b> 111g	166%
Saturated Fat 46g	209%
Trans Fat 0g	
<b>Cholesterol</b> 330 mg	110%
<b>Sodium</b> 1620mg	68%
<b>Total Carbohydrate</b> 52g	17%
Dietary Fiber 3g	15%
<b>Protein</b> 63g	
Vitamin A 15%	Vitamin C 25%
Calcium 45%	Iron 45%

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

**Nutrient Descriptors**

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