Nutrition Facts

Serving Size 1/12 of recipe 301g (300 g)

Amount Per Serving

Calories 179 Calories from Fat 66

	% Daily Value*
Total Fat 7g	11%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 37mg	12%
Sodium 409mg	17%
Total Carbohydrate 17g	6%
Dietary Fiber 4g	16%
Sugars 5g	
Protein 12g	

Vitamin A	22%	• Vitamin C	202%
Calcium	6%	• Iron	10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

©www.NutritionData.com