

# Nutrition Facts

Serving Size 1/9 of recipe 315g (315 g)

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## Amount Per Serving

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**Calories** 230

Calories from Fat 53

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### % Daily Value\*

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**Total Fat** 6g 9%

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Saturated Fat 2g 11%

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Trans Fat 0g

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**Cholesterol** 43mg 14%

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**Sodium** 191mg 8%

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**Total Carbohydrate** 27g 9%

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Dietary Fiber 6g 25%

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Sugars 6g

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**Protein** 18g

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Vitamin A 138% • Vitamin C 30%

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Calcium 7% • Iron 21%

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