

SERVES: 6

Calories 190

% DV*

Total Fat 13g **17%**

Saturated Fat 8g **41%**

Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 290mg **13%**

Total Carbohydrate 11g **4%**

Dietary Fiber 2g **9%**

Sugar 3g

Includes 0g Added Sugars **0%**

Protein 7g

Vitamin D 0.2 mcg 0%

Calcium 173 mg 15%

Iron 1 mg 6%

Potassium 270 mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.