

**SERVES:** 4

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**Calories** 330

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**% DV\***

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**Total Fat** 17g **22%**

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Saturated Fat 3.5g **18%**

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Trans Fat 0g

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**Cholesterol** 105mg **35%**

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**Sodium** 1200mg **52%**

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**Total Carbohydrate** 20g **7%**

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Dietary Fiber 5g **18%**

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Sugar 2g

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Includes 0g Added Sugars **0%**

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**Protein** 26g

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Vitamin D 0.2 mcg 0%

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Calcium 131 mg 10%

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Iron 4 mg 20%

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Potassium 1173 mg 25%

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\* 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.