

SERVES: 4

Calories 310

% DV*

Total Fat 7g **9%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 120mg **39%**

Sodium 540mg **24%**

Total Carbohydrate 35g **13%**

Dietary Fiber 12g **42%**

Sugar 11g

Includes 7g Added Sugars **13%**

Protein 31g

Vitamin D 0 mcg 0%

Calcium 286 mg 20%

Iron 5 mg 30%

Potassium 1037 mg 20%

* 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.