

SERVES: 6

Calories 250

% DV*

Total Fat 14g **18%**

Saturated Fat 2g **9%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 350mg **15%**

Total Carbohydrate 27g **10%**

Dietary Fiber 8g **29%**

Sugar 12g

Includes 0g Added Sugars **0%**

Protein 7g

Vitamin D 0 mcg 0%

Calcium 170 mg 15%

Iron 4 mg 20%

Potassium 1108 mg 25%

* 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.