Nutrition Facts

Serving Size 1/8 of recipe 158g (157 g)

Amount Per Serving

Calories 176 Calories from Fat 74

	% Daily Value*
Total Fat 8g	13%
Saturated Fat 1g	7%
Trans Fat 0g	
Cholesterol 26mg	9%
Sodium 186mg	8%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	14%
Sugars 4g	
Protein 5g	

Vitamin A	2%	• Vitamin C	6%
Calcium	2%	• Iron	5%

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

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

©www.NutritionData.com