

Nutrition Facts

Serving Size Entire Recipe 324g (323 g)

Servings per container 1

Amount Per Serving

Calories 685 **Calories from Fat 439**

% Daily Value*

Total Fat 50g 77%

Saturated Fat 28g 142%

Trans Fat 0g

Cholesterol 167mg 56%

Sodium 1552mg 65%

Total Carbohydrate 13g 4%

Dietary Fiber 3g 11%

Sugars 8g

Protein 45g

Vitamin A 45% • Vitamin C 41%

Calcium 82% • Iron 13%

*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

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