

Author

Categories

Tools

Locations

Plate/Store

Yield 1 servings

Portion 1 servings

Num Portions 1

Prep

Cook

Finish

Shelf

Nutrition Facts

Serving Size 1 servings

Servings Per Container 1

Amount Per Serving

Calories 454 Calories From Fat 251

% Daily Value

Total Fat 28g 42%

Saturated Fat 9g 42%

Cholesterol 54mg 18%

Sodium 654mg 27%

Total Carbohydrates 31g 10%

Dietary Fiber 2g 9%

Protein 20g

Vitamin A 12% Vitamin C 0%

Calcium 54% Iron 12%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

High in Calcium

High in Protein

Good Source of Vitamin A

Good Source of Iron

Good Source of Carbohydrates