

Author

Categories

Tools

Locations

Plate/Store

Yield 1 servings

Portion 5 oz

Num Portions 1

Prep

Cook

Finish

Shelf

Nutrition Facts

Serving Size 5 oz (142g)

Servings Per Container 1

Amount Per Serving

Calories 597 Calories From Fat 246

% Daily Value

Total Fat 27g 41%

Saturated Fat 5g 23%

Cholesterol 25mg 8%

Sodium 607mg 25%

Total Carbohydrates 81g 27%

Dietary Fiber 3g 13%

Protein 7g

Vitamin A 25% Vitamin C 0%

Calcium 4% Iron 15%

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

Nutrition Descriptors

High in Vitamin A

High in Carbohydrates

Good Source of Iron

Good Source of Fiber

Good Source of Protein