

**Author**

**Categories**

**Tools**

**Locations**

**Plate/Store**

**Yield** 1 cup

**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** 179 Calories From Fat 33

% Daily Value

**Total Fat** 4g 6%

Saturated Fat 2g 10%

**Cholesterol** 17mg 6%

**Sodium** 99mg 4%

**Total Carbohydrates** 31g 10%

Dietary Fiber 0g 0%

**Protein** 7g

Vitamin A 3% Vitamin C 2%

Calcium 22% Iron 0%

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

### Nutrition Descriptors

Sugar Free

Low Cholesterol

Low Sodium

High in Calcium

Good Source of Carbohydrates

Good Source of Protein