

Nutrition Facts

Servings: 12

Amount per serving

Calories

244

% Daily Value*

Total Fat 17.3g **22%**

Saturated Fat 7.3g **37%**

Cholesterol 31mg **10%**

Sodium 1095mg **48%**

Total Carbohydrate 18g **7%**

Dietary Fiber 1.2g **4%**

Total Sugars 1.1g

Protein 3.9g

Vitamin D 3mcg **15%**

Calcium 49mg **4%**

Iron 2mg **9%**

Potassium 196mg **4%**

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.*

Recipe analyzed by **verywell**

Recipe Nutritional Value

M Carnoy



Recipe Nutritional Value:

Recipe Nutritional Value Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Recipe Nutritional Value**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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