

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

Ian Pickup



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