

# Nutrition Facts

Serving Size Entire Recipe 269g (269 g)

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## Amount Per Serving

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**Calories** 147

Calories from Fat 3

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### % Daily Value\*

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**Total Fat** 0g 1%

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Saturated Fat 0g 0%

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Trans Fat 0g

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**Cholesterol** 0mg 0%

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**Sodium** 3mg 0%

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**Total Carbohydrate** 38g 13%

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Dietary Fiber 3g 11%

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Sugars 30g

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**Protein** 2g

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Vitamin A 4% • Vitamin C 210%

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Calcium 6% • Iron 2%

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\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.