

Nutrition Facts

Servings: 8

Amount per serving

Calories **475**

% Daily Value*

Total Fat 22.3g **29%**

Saturated Fat 7.5g **37%**

Cholesterol 33mg **11%**

Sodium 493mg **21%**

Total Carbohydrate 51g **19%**

Dietary Fiber 5.3g **19%**

Total Sugars 3.5g

Protein 20.3g

Vitamin D 1mcg 6%

Calcium 164mg 13%

Iron 4mg 20%

Potassium 344mg 7%

**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**