

Nutrition Facts

Servings: 8

Amount per serving

Calories **204**

% Daily Value*

Total Fat 8.6g **11%**

Saturated Fat 4.6g **23%**

Cholesterol 87mg **29%**

Sodium 194mg **8%**

Total Carbohydrate 27.8g **10%**

Dietary Fiber 1.8g **6%**

Total Sugars 16.3g

Protein 4.7g

Vitamin D 19mcg **93%**

Calcium 43mg **3%**

Iron 2mg **9%**

Potassium 118mg **3%**

**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**