

Nutrition Facts

Servings: 12

Amount per serving

Calories **277**

% Daily Value*

Total Fat 8.4g **11%**

Saturated Fat 5.1g **25%**

Cholesterol 36mg **12%**

Sodium 294mg **13%**

Total Carbohydrate 49.1g **18%**

Dietary Fiber 1.5g **5%**

Total Sugars 29.6g

Protein 3.1g

Vitamin D 7mcg **34%**

Calcium 41mg **3%**

Iron 1mg **7%**

Potassium 198mg **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**