

Nutrition Facts

(Microwave)

Serving Size **1 Each**

Amount Per Serving

Calories **310**

% Daily Value*

Total Fat 16 g

Saturated Fat 8 g

Cholesterol 65 mg

Sodium 510 mg

Total Carbohydrate 31 g

Dietary Fiber 1 g

Sugar 1 g

Added Sugar 1 g

Protein 9 g

Potassium 64 mg

Calcium 142 mg

Iron 2 mg

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.