

Nutrition Facts

Servings: 1

Amount per serving

Calories **832**

% Daily Value*

Total Fat 24.7g **32%**

Saturated Fat 4.6g **23%**

Cholesterol 195mg **65%**

Sodium 402mg **17%**

Total Carbohydrate 90.9g **33%**

Dietary Fiber 25.1g **90%**

Total Sugars 44.4g

Protein 72.4g

Vitamin D 0mcg **0%**

Calcium 231mg **18%**

Iron 8mg **44%**

Potassium 1732mg **37%**

**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**