

# Nutrition Facts

Servings: 2

Amount per serving

**Calories** **65**

% Daily Value\*

**Total Fat** 0.4g **1%**

Saturated Fat 0.1g **0%**

**Cholesterol** 0mg **0%**

**Sodium** 92mg **4%**

**Total Carbohydrate** 15.5g **6%**

Dietary Fiber 4.9g **17%**

Total Sugars 10g

**Protein** 1.5g

Vitamin D 0mcg **0%**

Calcium 63mg **5%**

Iron 4mg **25%**

Potassium 470mg **10%**

*\*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**