

Nutrition Facts

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| Serving Size | 1 |
| Amount Per Serving | |
| Calories | 283 |
| Calories from fat | 96.3 |
| Total Fat | 10.7 g |
| Saturated Fat | 3.52 g |
| Trans Fat | 0 |
| Cholesterol | 30.2 mg |
| Sodium | 555 mg |
| Potassium | |
| Total Carbohydrate | 33 g |
| Dietary Fiber | 1.24 g |
| Sugars | |
| Protein | 12 g |
| Vitamin A | 357 IU |
| Vitamin C | 1 mg |
| Calcium | 13.94 mg |
| Iron | 2.48 mg |
| Meal Pattern Equivalents | |
| meat/meat alternate | 2 |
| bread/bread alternate | 2 |
| vegetables | |
| fruit | |