

Nutrition Facts	
Serving Size	1
Amount Per Serving	
Calories	229
Calories from fat	68.8
Total Fat	17.52 g
Saturated Fat	10.99 g
Trans Fat	0
Cholesterol	53 mg
Sodium	877 mg
Potassium	
Total Carbohydrate	4.18 g
Dietary Fiber	0
Sugars	1.8 g
Protein	6.4 g
Vitamin A	326.2 IU
Vitamin C	0.08 mg
Calcium	397.57 mg
Iron	0.74 mg
Meal Pattern Equivalents	
meat/meat alternate	2
bread/bread alternate	
vegetables	
fruit	