

**Strawberry Shortcake**  
**Nutrition Facts**

**Serving Size** 1

**Amount Per Serving**

**Calories** 207.31

**Calories from fat** 20.66%

**Total Fat** 4.76 g

Saturated Fat 2.23 g

Trans Fat 0

**Cholesterol** 32.46 mg

**Sodium** 121.65 mg

**Potassium** 123.75 mg

**Total Carbohydrate** 41.1

Dietary Fiber 1.76 g

Sugars 30.44 g

**Protein** 1.74 g

**Vitamin A** 166.89 IU

**Vitamin C** 27.15 mg

**Calcium** 28.07 mg

**Iron** 1.27 mg

**Meal Pattern Equivalents**

meat/meat alternate

bread/bread alternate 1/2 c

vegetables

fruit 1/2 c