



**Ingredients:** 2 boneless, skinless chicken breasts  
 1/4 teaspoon freshly ground pepper, divided  
 1/8 teaspoon salt  
 3 tablespoons shredded cheese  
 1 tablespoon reduced-fat cream cheese  
 2 tablespoons coarse dry breadcrumbs  
 1 1/2 teaspoons parsley  
 2 teaspoons extra-virgin olive oil, divided  
 2 tablespoons chopped ham (about 1/2 ounce)

### Preparation:

1. Preheat oven to 400°F.
2. Sprinkle chicken with 1/8 teaspoon pepper & salt. Combine cheese and cream cheese in a bowl. Combine the remaining 1/8 teaspoon pepper with breadcrumbs, parsley and 1 teaspoon oil in another bowl.
3. Heat the remaining 1 teaspoon oil in a medium, ovenproof nonstick skillet over medium heat. Cook the chicken until browned on both sides, about 2 minutes per side. Move the chicken to the center so the pieces are touching while the skillet is still on the stove top. Spread with the cheese mixture, sprinkle with ham, then top with breadcrumbs. Move ovenproof skillet to the preheated oven, or transfer chicken to a baking sheet and place in oven.



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4. Bake until the chicken is no longer pink in the center & an instant-read thermometer registers 165°F, 5 to 7 minutes.

### Nutrition:

280 calories; 13 g fat ( 4g sat , 6g mono ); 98 mg cholesterol; 4g carbohydrates; 34g protein; 1g fiber; 331mg sodium; 260mg potassium.



To make traditional cordon bleu, you layer prosciutto (or other ham) and cheese in between thin slices of chicken or veal, then bread and sauté the whole stack. This quick, easy version keeps the flavors the same, but skips the fussy layering and breading steps. Serve with broccoli.





**Ingredients:** 1 1/4 cups whole wheat flour  
2 teaspoons baking powder  
6 eggs  
1 cup milk  
1/2 teaspoon salt  
1 tablespoon artificial sweetener (like Splenda® or Truvia®)  
1/2 cup blueberries (fresh or frozen)

## Preparation:

1. Mix flour and baking powder, set aside.
2. Beat together the egg, milk, salt and artificial sweetener in a bowl.
3. Stir in flour until just moistened, add blueberries, and stir to incorporate.
4. Preheat a heavy-bottomed skillet over medium heat, and spray with cooking spray.
5. Pour approximately 1/4 cup of the batter into the pan for each pancake.
6. Cook until bubbly, about 1 1/2 minutes. Turn, and continue cooking until golden brown.



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### Tip:

When mixing ingredients, stir gently, just enough to moisten the dry ingredients. Over-mixing leads to tough pancakes because the gluten in the flour begins to develop as soon as liquid touches it, and the more you mix, the tougher the gluten becomes. Don't worry about lumps in the batter. Serve with fresh fruit and a light sprinkle of powdered sugar instead of syrup.

### Nutrition:

**Servings Per Recipe:** 5

#### **Amount Per Serving**

Calories: 160; Total Fat: 2.6g; Cholesterol: 46mg; Sodium: 464mg; Total Carbs: 26.7g; Dietary Fiber: 4g; Protein: 9.8g



A pancake is ready to be turned over when it's dry around the edges and bubbles have formed over the top. You are allowed to peek to see if the bottom is golden brown before you flip it. While you're waiting impatiently for the second side to cook, resist the impulse to press down the pancake with your spatula. Pressing will not cook it any faster, but will undo all the effort you've made to achieve fluffy, light, perfect pancakes.





- Ingredients:**
- |                 |                           |
|-----------------|---------------------------|
| 1 red pepper    | 1 can corn                |
| 1 yellow pepper | 3 cans black beans        |
| 1 green pepper  | ½ cup apple cider vinegar |
| 1 orange pepper | ½ cup white sugar         |
| 1 stick celery  | ¼ cup vegetable oil       |
| 1 red onion     |                           |

- Preparation:**
1. Cut and mix veggies with beans.
  2. In saucepan, mix vinegar, sugar and oil.
  3. Boil until sugar is dissolved.
  4. Pour over veggies and refrigerate for 2 hours.



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### Tip:

Serve with tortilla chips.

Have extra or left overs? Spice up a taco or even an omelet!





**Ingredients:** 1/2 pound sweet potatoes, cut into 1/4" thick slices  
1 Tbs. grated reduced-fat Parmesan cheese  
1/2 tsp. extra-virgin olive oil  
1/8 tsp. garlic powder  
1/8 tsp. paprika  
Pinch of cayenne  
Salt to taste  
Pinch of ground black pepper  
Ketchup (optional)

**Preparation:**

1. Preheat oven to 450°F.
2. In a medium bowl, toss the potatoes, cheese, olive oil and spices.
3. Place potatoes in a single layer on a medium nonstick baking sheet.
4. Bake for 8 minutes.
5. Flip the potatoes and bake for 10-12 minutes, or until the potatoes are tender and browned in spots.
6. Serve immediately.



### Tip:

This recipe serves two. When making this recipe for more people, double the amount of potatoes and check seasonings to tastes. Seasonings do not always have to be double to get the same great taste when making a larger batch of sweet potatoes fries.

**Preparation Time:** 10 minutes

**Cook Time:** 30 minutes

### Nutrition:

**Servings Per Recipe:** 2

### Amount Per Serving

Calories: 125; Protein 2.5g; Carbs 25g; Fat 2g, Cholesterol 4mg, Fiber 3.5g, Sodium 119mg; Weight Watcher Points 2



This is a great side to substitute for any potato side dish. Because it is not deep fried, the calories stay low and the flavor is fantastic!







**Ingredients:** 2 cups chopped zucchini  
1/2 cup chopped onions  
1 red bell pepper, chopped  
1 pound extra lean ground turkey  
1 egg  
2 tablespoons Worcestershire sauce  
1 tablespoon Dijon mustard  
1/2 cup barbecue sauce, or as needed

### Preparation:

1. Preheat oven to 400 degrees F. Spray 20 muffin cups with cooking spray.
2. Finely chop zucchini, onions, and red bell pepper. Place the vegetables into a bowl, and mix in ground turkey, egg, Worcestershire sauce, and Dijon mustard until thoroughly combined. Fill each prepared muffin cup about 3/4 full. Top each cup with about 1 teaspoon of barbecue sauce.
3. Bake in the preheated oven until juices run clear, about 25 minutes. Internal temperature of a muffin measured by an instant-read meat thermometer should be at least 160 degrees F (70 degrees C). Let stand 5 minutes before serving.



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### Tip:

Using a food processor and pulsing the ingredients you mix will chop them up finer than you can with a knife. It also brings the juices out and helps naturally flavor your food, so you can use less salt and other flavoring ingredients. Serve with BBQ sauce and some grilled or baked potatoes!

### Nutrition:

**Servings Per Recipe:** 10 (for nutritional information) Recipe will make enough for 4-6 people

### Amount Per Serving

Calories: 119; Protein 13.2g; Carbs 13.6g; Fat 1g, Cholesterol 49mg, Fiber 1.2g, Sodium 244mg



If weight loss or eating less fat is on your mind, then ground turkey is definitely the way to go. Turkey burger is lower in calories, fat and saturated fat.

*Source: by Jenny Sugar @ fitsugar.com*





**Ingredients:** 2 large zucchini  
Large yellow squash  
3 red, yellow or orange bell peppers  
2 tbs extra-virgin olive oil  
½ tsp red pepper flakes  
1 tsp dried Italian herbs  
1 tsp coarse salt  
Freshly ground black pepper

### Preparation:

1. Cut zucchini and squash into large diagonal slices. Cut peppers into quarters or large strips. Place in a large bowl.
2. Drizzle oil over top. Sprinkle with red pepper flakes, herbs, salts, and pepper. Toss.
3. Prepare grill.
4. Place vegetables on grill grate over a medium-high flame; cook until vegetables are slightly browned and tender.



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### Tip:

Grilled vegetables make a great low fat and low carbohydrate side dish. Try them in place of french fries and other deep fried side dishes. They also make a beautiful garnishment when entertaining! If you don't have a grill, simply toss veggies into the oven on a baking sheet.

### Nutrition:

**Servings Per Recipe:** 1 (for nutritional information) Recipe will make enough for 4-6 people

### Amount Per Serving

Calories: 80; Protein 2g; Carbs 8g; Fat 5g, Cholesterol 0mg, Fiber 3g, Sodium 350mg



## Summer Vegetables



- Ingredients:** 1/2 tbsp. Sugar Free Fat Free Vanilla Instant pudding mix  
1/2 tbsp. No Calorie Sweetener (granulated)  
1 drop vanilla extract  
1/4 cup Cool Whip Free (thawed)  
2 tbsp. fat-free cream cheese, room temperature  
6 extra-large strawberries  
2 tsp. mini semi-sweet chocolate chips

### Preparation:

1. In a medium bowl, combine pudding mix, sweetener, vanilla extract and 1 tbsp. cold water. Stir vigorously until smooth and slightly thickened. Stir in Cool Whip and cream cheese until smooth.
2. Cover and refrigerate until chilled, about 10 minutes.
3. Slice the stem ends off the strawberries, about 1/2 inch, revealing an opening in each berry. Use a narrow spoon to remove about half of the flesh inside each berry, allowing room for filling.
4. Spoon pudding mixture into a bottom corner of a plastic bag; snip off the tip of that corner to create a small hole, and pipe the mixture through the hole into the strawberries.
5. Press chocolate chips into the exposed filling. Serve and enjoy!



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### Tip:

Chilling your extra large Strawberries prior to using them will make them slightly stiffer and easier to work with when scooping out the center.

### Nutrition:

**Servings Per Recipe: 1**

### Amount Per Serving

Calories: 173; Protein 5.5g; Carbs 30g; Fat 4g, Saturated Fat 0.2g; Cholesterol 0mg, Fiber 3.5g, Sodium 309mg, Sugars 16.5g



Hungry Girl Alternative: If made with an equal amount of granulated white sugar in place of Splenda, this recipe will have 194 calories, 35.5g carbs, and 22.5g sugars





- Ingredients:**
- 1 cup milk
  - 1/2 cup oatmeal (plain)
  - 1 banana, broken into chunks
  - 14 frozen strawberries
  - 1/2 teaspoon vanilla extract (Optional)
  - 1 1/2 teaspoons white sugar (Optional)

**Preparation:**

1. In a blender, combine milk, oatmeal, banana and strawberries. Add vanilla and sugar if desired. Blend until smooth.
2. Pour into glasses and serve immediately.



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### Tip:

To make a larger smoothie with out adding calories or sugar, add ice into your blend. This will make your smoothie thicker and more filling.

### Nutrition:

**Servings Per Recipe:** 2 (for nutritional information) Recipe will make enough for 1 full glass

### Amount Per Serving

Calories: 236; Protein 7.6g; Carbs 44.9g; Fat 3.7g, Cholesterol 0mg, Fiber 5.9g, Sodium 65mg







**Ingredients:** 1 cup shredded pepper jack cheese  
1 (10) ounce-package frozen chopped spinach, thawed and drained  
¼ cup milk  
1 bag of whole grain tortilla chips

**Preparation:**

1. Preheat oven to 350 degrees F.
2. In a 2 quart casserole dish combine cheese, spinach and milk.
3. Bake in preheated oven for 15 to 20 minutes, stirring occasionally.
4. Let stand 5 minutes before serving.
5. Serve with tortilla chips.

## Tip:

Serve with whole wheat bread.

**Prep Time:** 5 Minutes

**Cook Time:** 20 Minutes

## Nutrition:

**Servings Per Recipe:** 8

### Amount Per Serving

Calories: 84; Calories from Fat 70; Protein 5.3g; Carbs 2.5g; Fat 6.1g, Saturated Fat 3.3g; Cholesterol 20mg, Fiber 1g, Sodium 137mg, Sugars 0.6g





- Ingredients:** Olive oil spray  
4 ounces extra-lean fully cooked smoked turkey sausage, cut into small pieces  
1 cup finely chopped onion  
2 teaspoons garlic, chopped  
6 large eggs  
1 cup chopped seeded tomato  
Salt, to taste  
Ground black pepper, to taste

### Preparation:

1. Place a large nonstick skillet over medium-high heat. Lightly mist the skillet with the olive oil spray. Add the sausage, onion, and garlic and cook, stirring frequently, for 3 to 5 minutes, or until the sausage is heated through and the onion is tender but not browned.
2. Meanwhile, spray a large, shallow microwave-safe bowl with the spray.
3. Add the eggs and cover the bowl with microwave-safe plastic wrap. Microwave on high for 1-1/2 minutes. Uncover the bowl and, using a fork, push the cooked portions of the eggs into the middle of the bowl, letting the runny, uncooked parts run toward the outer edge.



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### Preparation Cont.:

5. Re-cover the bowl and microwave in 30-second intervals until the eggs are just a bit runny on top. Uncover, then using a fork, stir the eggs to break into large “scrambled” pieces. By the time you scramble and stir them, the residual heat should have cooked away the runniness. If they are still under cooked, re-cover and continue cooking in 10-second intervals until just done (be careful not to overcook).
6. Add the scrambled eggs and the tomato to the sausage mixture. Stir well to slightly warm the tomatoes and incorporate the egg whites. Season with salt and pepper. Divide the scramble among 4 plates and serve.

### Nutrition:

**Servings Per Recipe:** 4

#### **Amount Per Serving**

Calories: 141; Protein 19g; Carbs 8g; Fat 3g, Saturated Fat 1g; Cholesterol 20mg, Fiber 1g, Sodium 471mg





**Ingredients:** 1 Ready made pizza crust  
2 cups shredded mozzarella cheese  
1 cup marinara sauce  
Add any veggies of your choice

### Preparation:

1. Preheat an outdoor grill for high heat and lightly oil grate.
2. Roll out prepared pizza dough to a size that will fit your grill. Place on grill for 5 minutes, or to desired doneness, and flip over. Now add the sauce, cheese, and veggies of choice.
3. Cover the grill and allow to cook over high heat for 5 to 10 minutes, or until cheese is melted and bubbly.



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### Tip:

Try using a whole grain pizza crust for a more nutritional pizza. Keep in mind, any additional toppings you add will also increase the nutritional values stated below.

**Cook Time:** 30-40 minutes

### Nutrition:

**Servings Per Recipe:** 8

### Amount Per Serving

Calories: 188; Protein 10g; Carbs 19.7g; Fiber 1.1g; Fat 7.6g, Cholesterol 22mg, Sodium 574mg





**Ingredients:** 2 tablespoons olive oil  
2 cloves garlic, finely chopped  
4 skinless, boneless chicken breast halves - cut into strips  
2 cups fresh spinach leaves  
1 (4.5 ounce) package dry Alfredo sauce mix  
2 tablespoons pesto  
1 (8 ounce) package dry penne pasta  
1 tablespoon grated cheese

**Preparation:**

1. Heat oil in a large skillet over medium high heat. Add garlic, cook for 1 minute; then add chicken and cook for 7 to 8 minutes on each side. When chicken is close to being cooked through (no longer pink inside), add spinach and saute all together for 3 to 4 minutes.
2. Meanwhile, prepare Alfredo sauce according to package directions. When finished, stir in 2 tablespoons pesto; set aside.
3. In a large pot of salted boiling water, cook pasta for 8 to 10 minutes. Rinse under cold water and drain.
4. Add chicken/spinach mixture to pasta, then stir in pesto/Alfredo sauce. Mix well, top with cheese and serve.



### Tips:

Pick up fresh spinach in the produce section, or use frozen.

**Cook Time:** 30 minutes

### Nutrition:

**Servings Per Recipe:** 4

**Amount Per Serving**

Calories: 572; Protein 41.9g; Carbs 57.3g; Dietary Fiber 2.5g; Fat 19.3g, Cholesterol 84mg, Sodium 1707mg







- Ingredients:** 2 tablespoons hummus  
2 Bagels (whole grain), split and toasted  
4 thin slices deli roast beef  
2 tablespoons drained jarred roasted red peppers cut into strips  
2 red onion slices  
1/2 cup packed baby spinach leaves

**Preparation:**

1. Spread 1 1/2 teaspoons hummus on each bagel half.
2. Divide the beef, pepper strips, onion and spinach between 2 bagel halves.
3. Top with the remaining bagel halves.
4. Cut each bagel into 8 "bites" and secure with toothpicks.



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**Tips:**  
Use low-calorie bread, english muffins or thin buns to cut down on calories.

**Nutrition:**  
**Servings Per Recipe:** 2 (for nutritional information) Recipe will make enough for 4-6 total servings

**Amount Per Serving**

Calories: 349; Protein 16.5g; Carbs 64.5g; Dietary Fiber 5.3g; Fat 3.3g, Cholesterol 12mg, Sodium 700mg





**Ingredients:** 1/2 cup desired lunch meat, chopped  
1/2 cup shredded lettuce  
1/4 cup shredded carrot  
1/4 cup Ranch dressing (low calorie or low fat)  
1 pita bread round, cut in half

### Preparation:

1. Place lunch meat, lettuce, and carrot in a resealable plastic bag.
2. Pour Ranch dressing into a small re-sealable container.
3. Wrap the pita bread in plastic wrap.
4. Pack the ham mixture, Ranch dressing, and pita bread along with a spoon in a lunch box or bag until lunch time.
5. Assemble pita pocket by spooning the ham mixture into each pita half and drizzling the Ranch dressing on top.



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## Tips:

Choosing a lean lunch meat to use in your Pita, will help keep the nutritional values for calories and fat low while maintaining a high protein level. Add more vegetables to fill yourself up!

**Ready in:** 10 minutes

## Nutrition:

**Servings Per Recipe:** 1

### Amount Per Serving

Calories: 558; Protein 17.1g; Carbs 36.6g; Dietary Fiber 3.2g; Fat 37.7g, Cholesterol 55mg, Sodium 1744mg





**Ingredients:** 10 ounces pasta, corkscrew  
1 onion, chopped  
1 green bell pepper, chopped  
2 tomatoes, chopped  
1 cup chopped mushrooms  
3/4 cup fat free Italian-style dressing

**Preparation:**

1. In a large pot of salted boiling water, cook pasta according to package, rinse under cold water and drain.
2. In a large bowl, combine the pasta, onion, bell pepper, tomatoes and mushrooms.
3. Pour enough dressing over to coat; toss and refrigerate until chilled.



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### Tips:

Add fresh or frozen peas or beans!

**Preparation Time:** 25 minutes

### Nutrition:

**Servings Per Recipe:** 8

**Amount Per Serving**

Calories: 181; Protein 5.4g; Carbs 38.1g; Dietary Fiber 2.8g; Fat 0.7g, Cholesterol 0mg, Sodium 238mg





**Ingredients:** 1/3 cup Dijon mustard  
1/4 cup honey  
2 tablespoons mayonnaise  
1 teaspoon steak sauce  
4 skinless, boneless chicken breast halves

### Preparation:

1. Preheat the grill for medium heat.
2. In a shallow bowl, mix the mustard, honey, mayonnaise, and steak sauce. Set aside a small amount of the honey mustard sauce for basting, and dip the chicken into the remaining sauce to coat.
3. Lightly oil the grill grate. Grill chicken over indirect heat for 18 to 20 minutes, turning occasionally, or until juices run clear. Baste occasionally with the reserved sauce during the last 10 minutes. Watch carefully to prevent burning!



**Prep Time:** 15 minutes

**Cook Time:** 20 minutes

**Ready In:** 35 minutes

### Nutrition:

**Servings Per Recipe:** 4

### Amount Per Serving

Calories: 266; Protein 24.7g; Carbs 22g; Dietary Fiber 0.1g; Fat 8.3g, Cholesterol 70mg, Sodium 618mg







**Ingredients:** 1 ¼ lbs boneless skinless chicken  
2 (15 oz) cans great northern beans or navy beans  
1 (15 oz) corn (or white corn mix)  
1 envelope taco seasoning  
1 (4 ½ oz) chopped green chilies  
1 can condensed cream of chicken soup  
1 (14 oz) can chicken broth  
½ cup sour cream  
Tabasco sauce to taste  
green onion (chopped green onion optional)

### Preparation:

1. Cut chicken into small chunks and brown in non-stick pan.
2. Place chicken into pot or Dutch oven. Top with beans and corn.
3. In a medium bowl, combine taco seasoning, chiles, condensed soup, and chicken broth. Pour over ingredient in pot.
4. Simmer for about 30 minutes. Stir occasionally.
5. Top with green onion if desired.



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### Tips:

Top with a low-fat cheese and serve with corn bread.

### Nutrition:

#### **Amount Per Serving**

Calories: 302.5; Protein 25.4g; Sugars 3.4g; Dietary Fiber 8.2g; Fat 8.0g; Saturated Fat 2.9g; Cholesterol 56.0mg, Sodium 996.5mg





**Ingredients:** 1 (15 oz.) can black beans, drained and rinsed  
1 (15 oz.) can pinto beans, drained and rinsed  
1 (14.5 oz.) can petite diced tomatoes, drained  
1 (15.25 oz.) can sweet corn, drained  
1 (12.5 oz.) can white chicken breast, drained  
1 (10.75 oz.) can cream of chicken soup  
1 (10 oz.) can green enchilada sauce  
1 (14 oz.) can chicken broth  
1 packet taco seasoning

**Preparation:** 1. Mix all ingredients together in a large pot.  
2. Heat until warm, stirring occasionally.  
3. Serve with tortilla chips



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### Tips:

Serve with whole grain tortilla chips for a more nutritious meal.

### Nutrition:

Less than 300 calories per cup!





**Ingredients:** 2 teaspoons crushed garlic  
1/4 cup olive oil  
1/4 cup dry bread crumbs  
1/4 cup grated Parmesan cheese  
4 skinless, boneless chicken breast halves

### Preparation:

1. Preheat oven to 425 degrees F (220 degrees C).
2. Warm the garlic and olive oil to blend the flavors, in microwave for about 15-20 seconds. In a separate dish, combine the bread crumbs and Parmesan cheese. Dip the chicken breasts in the olive oil and garlic mixture, then into the bread crumb mixture. Place in a shallow baking dish that has been pre-greased.
3. Bake for 30 to 35 minutes, until no longer pink and juices run clear.



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### Tips:

Use a garlic press to crush the garlic. If you don't have a garlic press, finely chop the cloves into small pieces. You can also purchase, pre-crushed jars of garlic. Serve this meal with a vegetable side dish.

**Cook Time:** 30-40 minutes

### Nutrition:

**Servings Per Recipe:** 4

### Amount Per Serving

Calories: 299; Protein 30.2g; Carbs 5.5g; Dietary Fiber 0.3g; Fat 16.8g, Cholesterol 73mg, Sodium 203mg





**Ingredients:** 2 teaspoon(s) canola oil  
1 green onion, thinly sliced  
1 lime  
1 pound(s) skinless, boneless thin-sliced chicken breasts,  
cut into 1-inch-wide strips  
4 burrito-size flour tortillas (whole wheat)  
1 cup reduced-fat shredded cheese blend  
1/2 avocado, peeled, seeded, and cut into 1/2-inch pieces  
3/4 cup(s) salsa

**Preparation:**

1. In 12-inch nonstick skillet, heat oil on medium 1 minute. Add green onion and cook about 6 minutes or until tender, stirring occasionally.
2. Meanwhile, from lime, squeeze 2 tablespoons juice. Evenly season chicken on both sides 1/4 teaspoon salt, and 1/8 teaspoon ground black pepper.
3. Add chicken to green onion in skillet; cook 10 minutes or until chicken is no longer pink inside. Transfer to bowl; stir in lime juice.
4. Evenly divide chicken mixture and cheese on half of each tortilla; fold over to make 4 quesadillas.



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### Preparation Cont.:

5. In same skillet, cook quesadillas on medium, in 2 batches, until browned on both sides and heated through. Cut each quesadilla into thirds. Stir avocado into salsa; serve with quesadillas.

### Tips:

Add a side of frozen or canned corn for an easy vegetable!

### How to Choose an Avocado:

- Skin should be dark green, not black. Check for indentations. that means they are over ripe.
- Gently squeeze. If it squeezes slightly, but doesn't dent, it's ready!

**Ready in:** 30 minutes

### Nutrition:

**Servings Per Recipe:** 4

### Amount Per Serving

Calories: 400; Protein 38g; Carbs 31g; Fat 14g, Cholesterol 86mg, Fiber 8g, Sodium 820mg

