

Nutrition Facts

Steamer, 12oz

Amount Per Serving

Calories 285

Calories from Fat 67.5

% Daily Value*

Total Fat 7.5g **12%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 195mg **8%**

Total Carbohydrates 42.5g **14%**

Dietary Fiber 0g **0%**

Sugars 41g

Protein 12g

Vitamin A **6%**

Vitamin C **0%**

Calcium **0%**

Iron **0%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.