

Cook Time

Prep Time

NUTRITION FACTS

Number of Servings

Calories Per Serving

Total Fat

Saturated Fat

Trans Fat

Cholesterol

Sodium

Total Carbohydrate

Dietary Fiber

Total Sugar

Protein

INGREDIENTS

DIRECTIONS

TIPS



HEALTHY LIVING CLASSES

Visit kp.org/classes/ga for additional health and wellness resources as well as class schedules!



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