

# Nutrition Facts

1 servings per container

**Serving Size**

**(156g)**

**Amount per serving**

**Calories**

**400**

**% Daily Value\***

**Total Fat** 19g **25%**

Saturated Fat 3.5g **15%**

*Trans Fat* 0g

**Cholesterol** 0mg **0%**

**Sodium** 290mg **15%**

**Total Carbohydrate** 53g **20%**

Dietary Fiber 4g **15%**

Total Sugars 23g

Includes 0g Added Sugars **0%**

**Protein** 11g

Vitamin D 0mcg 0%

Calcium 44mg 4%

Iron 2mg 10%

Potassium 211mg 4%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general advice