

# Nutrition Facts

1 servings per container

**Serving Size**

**(231g)**

**Amount per serving**

**Calories**

**420**

**% Daily Value\***

**Total Fat** 23g **30%**

Saturated Fat 4.5g **20%**

*Trans Fat* 0g

**Cholesterol** 140mg **45%**

**Sodium** 480mg **20%**

**Total Carbohydrate** 25g **10%**

Dietary Fiber 3g **10%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

**Protein** 30g

Vitamin D 0mcg 0%

Calcium 48mg 4%

Iron 3mg 15%

Potassium 30mg 0%

\* 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