

Nutrition Facts

2 servings per container

Serving Size

(147g)

Amount per serving

Calories

320

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 1g **6%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 90mg **4%**

Total Carbohydrate 51g **20%**

Dietary Fiber 7g **25%**

Total Sugars 8g

Includes 0g Added Sugars **0%**

Protein 12g

Vitamin D 0mcg 0%

Calcium 71mg 6%

Iron 3mg 15%

Potassium 118mg 2%

* 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