

Nutrition Facts

1 servings per container

Serving Size

(231g)

Amount per serving

Calories

390

% Daily Value*

Total Fat 21g **25%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 420mg **20%**

Total Carbohydrate 36g **15%**

Dietary Fiber 3g **10%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 14g

Vitamin D 0mcg 0%

Calcium 210mg 15%

Iron 2mg 15%

Potassium 68mg 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