

Nutrition Facts

1 servings per container

Serving size 1 (226g)

Amount Per Serving

Calories 280

% Daily Value*

Total Fat 11g 14%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 15mg 1%

Total Carbohydrate 21g 8%

Dietary Fiber 22g 79%

Total Sugars 16g

Includes 0g Added Sugars 0%

Protein 24g 48%

Vitamin D 0mcg 0%

Calcium 195mg 15%

Iron 5.4mg 30%

Potassium 0mg 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 nutrition advice.