

Nutrition Facts

1 servings per container

Serving size 1 (239g)

Amount Per Serving

Calories 320

% Daily Value*

Total Fat 13g 17%

Saturated Fat 2.5g 13%

Trans Fat 3g

Cholesterol 70mg 23%

Sodium 490mg 21%

Total Carbohydrate 25g 9%

Dietary Fiber 2g 7%

Total Sugars 7g

Includes 6g Added Sugars 12%

Protein 35g 70%

Vitamin D 0mcg 0%

Calcium 195mg 15%

Iron 1.08mg 6%

Potassium 705mg 15%

*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.