

# Nutrition Facts

1 servings per container

**Serving size** 1 (347g)

**Amount Per Serving**

**Calories** 510

**% Daily Value\***

**Total Fat** 22g 28%

Saturated Fat 10g 50%

*Trans* Fat 0g

**Cholesterol** 150mg 50%

**Sodium** 1210mg 53%

**Total Carbohydrate** 68g 25%

Dietary Fiber 5g 18%

Total Sugars 11g

Includes 6g Added Sugars 12%

**Protein** 14g 28%

Vitamin D 0mcg 0%

Calcium 104mg 8%

Iron 1.08mg 6%

Potassium 188mg 4%

\*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.