

# Nutrition Facts

1 servings per container

**Serving size** 1 (345g)

**Amount Per Serving**

**Calories** **390**

**% Daily Value\***

**Total Fat** 10g **13%**

Saturated Fat 2g **10%**

*Trans* Fat 0g

**Cholesterol** 35mg **12%**

**Sodium** 650mg **28%**

**Total Carbohydrate** 56g **20%**

Dietary Fiber 2g **7%**

Total Sugars 10g

Includes 6g Added Sugars **12%**

**Protein** 24g **48%**

Vitamin D 0mcg **0%**

Calcium 52mg **4%**

Iron 1.08mg **6%**

Potassium 94mg **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 nutrition advice.