

Nutrition Facts

6 servings per container

Serving size

Amount Per Serving

Calories

480

% Daily Value*

Total Fat 19g **24%**

Saturated Fat 3.7g **19%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 600mg **26%**

Total Carbohydrate 12g **4%**

Dietary Fiber 3g **11%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

Protein 34g **68%**

Vitamin D 0mcg **0%**

Calcium 104mg **8%**

Iron 4.14mg **25%**

Potassium 235mg **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.