

Nutrition Facts

Serving size

Amount Per Serving

Calories

260

% Daily Value*

Total Fat 14g	18%
Saturated Fat 4.3g	22%
<i>Trans</i> Fat 0g	
Cholesterol 15mg	5%
Sodium 90mg	4%
Total Carbohydrate 31g	11%
Dietary Fiber 6g	21%
Total Sugars 23g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vitamin D 1mcg	4%
Calcium 221mg	15%
Iron 0.72mg	4%
Potassium 658mg	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.