

Nutrition Facts

Serving size

Amount Per Serving

Calories

160

% Daily Value*

Total Fat 9g	12%
Saturated Fat 5g	25%
<i>Trans</i> Fat 0g	
Cholesterol 80mg	27%
Sodium 320mg	14%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 10g	20%
Vitamin D 7.6mcg	40%
Calcium 312mg	25%
Iron 1.26mg	8%
Potassium 376mg	8%

*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.