

Nutrition Facts

6 servings per container

Serving size

Amount Per Serving

Calories

310

% Daily Value*

Total Fat 14g **18%**

Saturated Fat 2.9g **15%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 360mg **16%**

Total Carbohydrate 31g **11%**

Dietary Fiber 5g **18%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 17g **34%**

Vitamin D 0mcg **0%**

Calcium 312mg **25%**

Iron 5.22mg **30%**

Potassium 470mg **10%**

*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.