

Nutrition Facts

2 servings per container

Serving size

Amount Per Serving

Calories

180

% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 0.3g **2%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 24g **9%**

Dietary Fiber 6g **21%**

Total Sugars 7g

Includes 0g Added Sugars **0%**

Protein 17g **34%**

Vitamin D 0mcg **0%**

Calcium 26mg **2%**

Iron 3.96mg **20%**

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.