

Nutrition Facts

4 servings per container

Serving size

Amount Per Serving

Calories

190

% Daily Value*

Total Fat 10g **13%**

Saturated Fat 1.8g **9%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 450mg **20%**

Total Carbohydrate 15g **5%**

Dietary Fiber 2g **7%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 13g **26%**

Vitamin D 0mcg **0%**

Calcium 65mg **4%**

Iron 4.5mg **25%**

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.