

# Nutrition Facts

4 servings per container

**Serving size**

**Amount Per Serving**

**Calories**

**220**

**% Daily Value\***

**Total Fat** 9g **12%**

Saturated Fat 2.1g **11%**

*Trans* Fat 0g

**Cholesterol** 5mg **2%**

**Sodium** 250mg **11%**

**Total Carbohydrate** 24g **9%**

Dietary Fiber 8g **29%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

**Protein** 11g **22%**

Vitamin D 0mcg **0%**

Calcium 156mg **10%**

Iron 2.16mg **10%**

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.