

Nutrition Facts

4 servings per container

Serving size

Amount Per Serving

Calories

240

% Daily Value*

Total Fat 17g **22%**

Saturated Fat 1.7g **9%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 480mg **21%**

Total Carbohydrate 19g **7%**

Dietary Fiber 5g **18%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 6g **12%**

Vitamin D 0mcg **0%**

Calcium 78mg **6%**

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.