

Nutrition Facts

Serving size

Amount Per Serving

Calories

360

% Daily Value*

Total Fat 23g **29%**

Saturated Fat 4.9g **25%**

Trans Fat 0g

Cholesterol 325mg **108%**

Sodium 320mg **14%**

Total Carbohydrate 26g **9%**

Dietary Fiber 6g **21%**

Total Sugars 14g

Includes 0g Added Sugars **0%**

Protein 16g **32%**

Vitamin D 30.8mcg **150%**

Calcium 117mg **8%**

Iron 7.02mg **40%**

Potassium 1363mg **30%**

*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.