

Nutrition Facts

Serving size

Amount Per Serving

Calories

290

% Daily Value*

Total Fat 15g	19%
Saturated Fat 3.6g	18%
<i>Trans</i> Fat 0g	
Cholesterol 90mg	30%
Sodium 400mg	17%
Total Carbohydrate 17g	6%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 21g	42%
Vitamin D 2.6mcg	15%
Calcium 117mg	8%
Iron 2.88mg	15%
Potassium 517mg	10%

*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.