

# Nutrition Facts

1 serving per container

**Serving size** 1 serving (170g)

Amount per serving

**Calories** 290

% Daily Value\*

**Total Fat** 4.5g 6%

Saturated Fat 2g 9%

Trans Fat 0g

**Cholesterol** 50mg 16%

**Sodium** 800mg 35%

**Total Carbohydrate** 48g 17%

Dietary Fiber 3g 11%

Total Sugars 5g

Includes 0g Added Sugars 0%

**Protein** 15g

Vitamin D 0mcg (0 IU) 0%

Calcium 39mg 4%

Iron 1mg 8%

Potassium 190mg 4%

\* 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.