

# Nutrition Facts

1 serving per container

**Serving size** 1 serving (213g)

Amount per serving

**Calories** 250

% Daily Value\*

**Total Fat** 4.5g 6%

Saturated Fat 1g 6%

Trans Fat 0g

**Cholesterol** 120mg 39%

**Sodium** 570mg 25%

**Total Carbohydrate** 17g 6%

Dietary Fiber 1g 4%

Total Sugars 6g

Includes 0g Added Sugars 0%

**Protein** 36g

Vitamin D 0mcg (1 IU) 0%

Calcium 26mg 2%

Iron 0.83mg 4%

Potassium 580mg 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.