

# Nutrition Facts

1 serving per container

**Serving size** 1 serving (171g)

Amount per serving

**Calories** 210

% Daily Value\*

**Total Fat** 15g 19%

Saturated Fat 4.5g 23%

Trans Fat 0g

**Cholesterol** 15mg 6%

**Sodium** 490mg 21%

**Total Carbohydrate** 16g 6%

Dietary Fiber 3g 12%

Total Sugars 7g

Includes 0g Added Sugars 0%

**Protein** 7g

Vitamin D 0mcg (0 IU) 0%

Calcium 61mg 4%

Iron 1mg 8%

Potassium 200mg 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.