

Nutrition Facts

1 serving per container

Serving size 1 serving (149g)

Amount per serving

Calories 250

% Daily Value*

Total Fat 15g 20%

Saturated Fat 4.5g 24%

Trans Fat 0g

Cholesterol 80mg 26%

Sodium 410mg 18%

Total Carbohydrate 8g 3%

Dietary Fiber 2g 7%

Total Sugars < 1g

Includes 0g Added Sugars 0%

Protein 21g

Vitamin D 4mcg (158 IU) 20%

Calcium 92mg 8%

Iron 1mg 6%

Potassium 380mg 8%

* 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.