

Nutrition Facts

1 serving per container

Serving size 1 serving (217g)

Amount per serving

Calories 250

% Daily Value*

Total Fat 12g 16%

Saturated Fat 7g 33%

Trans Fat 0g

Cholesterol 70mg 23%

Sodium 580mg 25%

Total Carbohydrate 23g 8%

Dietary Fiber 3g 10%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 14g

Vitamin D 0.03mcg (6 IU) 0%

Calcium 369mg 30%

Iron 2mg 15%

Potassium 440mg 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.