

Nutrition Facts

1 serving per container

Serving size 1 serving (192g)

Amount per serving

Calories 410

% Daily Value*

Total Fat 23g 29%

Saturated Fat 7g 36%

Trans Fat 0g

Cholesterol 95mg 32%

Sodium 330mg 14%

Total Carbohydrate 18g 7%

Dietary Fiber 0g 1%

Total Sugars < 1g

Includes 0g Added Sugars 0%

Protein 31g

Vitamin D 0mcg (18 IU) 0%

Calcium 36mg 2%

Iron 1mg 8%

Potassium 420mg 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.