

# Nutrition Facts

1 serving per container

**Serving size** 1 serving (177g)

Amount per serving

**Calories** 300

% Daily Value\*

**Total Fat** 9g 11%

Saturated Fat 2g 9%

Trans Fat 0g

**Cholesterol** 105mg 34%

**Sodium** 580mg 25%

**Total Carbohydrate** 41g 15%

Dietary Fiber 3g 12%

Total Sugars 4g

Includes 0g Added Sugars 0%

**Protein** 15g

Vitamin D 0mcg (6 IU) 0%

Calcium 81mg 6%

Iron 3mg 15%

Potassium 350mg 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.