

Nutrition Facts

1 serving per container

Serving size 1 serving (184g)

Amount per serving

Calories 240

% Daily Value*

Total Fat 7g 9%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 470mg 21%

Total Carbohydrate 32g 12%

Dietary Fiber 2g 7%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 9g

Vitamin D 0mcg (11 IU) 0%

Calcium 2mg 0%

Iron 0.09mg 0%

Potassium 50mg 2%

* 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.