

Nutrition Facts

1 servings per container
Serving size

Calories per serving **330**

Amount/serving	% Daily Value*
Total Fat 11g	14%
Saturated Fat 3.4g	17%
<i>Trans</i> Fat 0g	
Cholesterol 30mg	10%
Sodium 210mg	9%
Vitamin D 0mcg	0%
Potassium 376mg	8%

Amount/serving	% Daily Value*
Total Carbohydrate 29g	11%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 22g	44%
Calcium 247mg	20%
Iron 3.06mg	15%

*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.