

Nutrition Facts

1 servings per container
Serving size

Calories
per serving **230**

Amount/serving	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Vitamin D 0mcg	0%
Potassium 235mg	4%

Amount/serving	% Daily Value*
Total Carbohydrate 41g	15%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 7g	14%
Calcium 28.6mg	2%
Iron 0.9mg	4%

*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.