

Nutrition Facts

1 servings per container
Serving size

Calories
per serving **230**

Amount/serving	% Daily Value*
Total Fat 12g	15%
Saturated Fat 4g	20%
<i>Trans</i> Fat 0g	
Cholesterol 20mg	7%
Sodium 310mg	13%
Vitamin D 0.2mcg	0%
Potassium 470mg	10%

Amount/serving	% Daily Value*
Total Carbohydrate 22g	8%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 4g Added Sugars	8%
Protein 11g	22%
Calcium 182mg	15%
Iron 1.08mg	6%

*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.