

Nutrition Facts

1 servings per container
Serving size

Calories per serving **360**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 7g	9%	Total Carbohydrate 36g	13%
Saturated Fat 0.8g	4%	Dietary Fiber 23g	82%
<i>Trans</i> Fat 0g		Total Sugars 3g	
Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
Sodium 260mg	11%	Protein 25g	50%
Vitamin D 0.18mcg	0%	• Calcium 286mg	20%
Potassium 1269mg	25%	• 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.