

Nutrition Facts

1 servings per container
Serving size

Calories
per serving **140**

| Amount/serving | % Daily Value* |
|--------------------------|----------------|
| Total Fat 8g | 10% |
| Saturated Fat 3.5g | 18% |
| <i>Trans</i> Fat 0g | |
| Cholesterol 190mg | 63% |
| Sodium 160mg | 7% |
| Vitamin D 0.4mcg | 2% |
| Potassium 94mg | 2% |

| Amount/serving | % Daily Value* |
|------------------------------|----------------|
| Total Carbohydrate 8g | 3% |
| Dietary Fiber 2g | 7% |
| Total Sugars 2g | |
| Includes 0g Added Sugars | 0% |
| Protein 8g | 16% |
| Calcium 52mg | 4% |
| Iron 1.44mg | 8% |

*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.