

# Nutrition Facts

1 servings per container

**Serving size**

**Amount Per Serving**

**Calories**

**270**

**% Daily Value\***

**Total Fat** 13g **17%**

Saturated Fat 2g **10%**

*Trans* Fat 0g

**Cholesterol** 45mg **15%**

**Sodium** 320mg **14%**

**Total Carbohydrate** 31g **11%**

Dietary Fiber 3g **11%**

Total Sugars 9g

Includes 0g Added Sugars **0%**

**Protein** 14g **28%**

Not a significant source of vitamin D, calcium, iron, and potassium

\*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.