

# Nutrition Facts

1 servings per container  
Serving size

Calories  
per serving **330**

Amount/serving	% Daily Value*
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 2.5g	<b>13%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 310mg	<b>13%</b>
Vitamin D 0.5mcg	2%
Potassium 162mg	4%

Amount/serving	% Daily Value*
<b>Total Carbohydrate</b> 40g	<b>15%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 8g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 28g	<b>56%</b>
Calcium 200mg	15%
Iron 2.7mg	15%

\*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.