

# Nutrition Facts

1 servings per container  
Serving size

Calories  
per serving **220**

Amount/serving	% Daily Value*
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 210mg	<b>70%</b>
<b>Sodium</b> 300mg	<b>13%</b>
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Vitamin D 0.4mcg	2%
Potassium 94mg	2%

Amount/serving	% Daily Value*
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 14g	<b>28%</b>
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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.