

Nutrition Facts

1 servings per container

Serving size

Amount Per Serving

Calories

210

% Daily Value*

Total Fat 16g **21%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 65mg **22%**

Sodium 280mg **12%**

Total Carbohydrate 9g **3%**

Dietary Fiber 3g **11%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

Protein 22g **44%**

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.