

Nutrition Facts

1 servings per container
Serving size

Calories
per serving **330**

Amount/serving	% Daily Value*
Total Fat 10g	13%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Cholesterol 35mg	12%
Sodium 320mg	14%
<hr/>	
Vitamin D 0mcg	0%
Potassium 560mg	10%

Amount/serving	% Daily Value*
Total Carbohydrate 46g	17%
Dietary Fiber 4g	14%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 14g	28%
<hr/>	
Calcium 37mg	2%
Iron 0.9mg	4%

*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.