

Nutrition Facts

1 servings per container
Serving size

Calories
per serving **270**

Amount/serving	% Daily Value*
Total Fat 18g	23%
Saturated Fat 2.2g	11%
<i>Trans</i> Fat 0g	
Cholesterol 110mg	37%
Sodium 310mg	13%
Vitamin D 0.4mcg	2%
Potassium 94mg	2%

Amount/serving	% Daily Value*
Total Carbohydrate 21g	8%
Dietary Fiber 5g	18%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Calcium 13mg	0%
Iron 0.54mg	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.