

Nutrition Facts

1 servings per container

Serving size

Amount Per Serving

Calories

490

% Daily Value*

Total Fat 13g	17%
Saturated Fat 4.5g	23%
<i>Trans</i> Fat 0g	
Cholesterol 80mg	27%
Sodium 820mg	36%
Total Carbohydrate 85g	31%
Dietary Fiber 1g	4%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 32g	64%

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.