

# Nutrition Facts

1 servings per container  
Serving size

Calories  
per serving **250**

Amount/serving	% Daily Value*
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 2.5g	<b>13%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 75mg	<b>25%</b>
<b>Sodium</b> 115mg	<b>5%</b>
Vitamin D 0.2mcg	0%
Potassium 846mg	20%

Amount/serving	% Daily Value*
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 8g	<b>29%</b>
Total Sugars 9g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 20g	<b>40%</b>
Calcium 130mg	10%
Iron 1.62mg	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.