

# Nutrition Facts

1 servings per container  
Serving size

Calories  
per serving **250**

Amount/serving	% Daily Value*
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 310mg	<b>13%</b>
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Vitamin D 2mcg	10%
Potassium 11mg	0%

Amount/serving	% Daily Value*	
<b>Total Carbohydrate</b> 28g	<b>10%</b>	
Dietary Fiber 3g	<b>11%</b>	
Total Sugars 5g		
Includes 0g Added Sugars	<b>0%</b>	
<b>Protein</b> 14g	<b>28%</b>	
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6%	• Iron 1.8mg	10%

\*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.