

Nutrition Facts

1 servings per container

Serving size 1 Package (283g)

Amount Per Serving

Calories 500

% Daily Value*

Total Fat 16g 21%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 110mg 37%

Sodium 470mg 20%

Total Carbohydrate 49g 18%

Dietary Fiber 2g 7%

Total Sugars 23g

Includes 14g Added Sugars 28%

Protein 29g 58%

Vitamin D 1.2mcg 6%

Calcium 210mg 15%

Iron 3.9mg 20%

Potassium 470mg 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.