

Nutrition Facts

1 servings per container

Serving size 1 Package (298g)

Amount Per Serving

Calories **400**

% Daily Value*

Total Fat 14g **18%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 100mg **33%**

Sodium 440mg **19%**

Total Carbohydrate 49g **18%**

Dietary Fiber 7g **25%**

Total Sugars 18g

Includes 7g Added Sugars **14%**

Protein 22g **44%**

Vitamin D 0.3mcg **2%**

Calcium 190mg **15%**

Iron 3.5mg **20%**

Potassium 630mg **15%**

*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.