Nutrition Facts

1 servings per container

Serving size **1 Package (298g)**

Amount Per Serving

Calories **440**

	% Daily Value*
Total Fat 12g	**15%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 75mg	**25%**
Sodium 460mg	**20%**
Total Carbohydrate 48g	**17%**
Dietary Fiber 7g	**25%**
Total Sugars 13g	
Includes 7g Added Sugars	**14%**
Protein 35g	**70%**
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 3.8mg	20%
Potassium 510mg	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.