

# Nutrition Facts

1 servings per container

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

**Amount Per Serving**

**Calories** 400

% Daily Value\*

|                               |            |
|-------------------------------|------------|
| <b>Total Fat</b> 8g           | <b>10%</b> |
| Saturated Fat 1g              | <b>5%</b>  |
| <i>Trans</i> Fat 0g           |            |
| <b>Cholesterol</b> 45mg       | <b>15%</b> |
| <b>Sodium</b> 320mg           | <b>14%</b> |
| <b>Total Carbohydrate</b> 51g | <b>19%</b> |
| Dietary Fiber 6g              | <b>21%</b> |
| Total Sugars 18g              |            |
| Includes 12g Added Sugars     | <b>24%</b> |
| <b>Protein</b> 27g            | <b>54%</b> |
| Vitamin D 0mcg                | 0%         |
| Calcium 70mg                  | 6%         |
| Iron 2.8mg                    | 15%        |
| Potassium 370mg               | 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.