

# Nutrition Facts

1 servings per container

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

**Amount Per Serving**

**Calories** 430

% Daily Value\*

**Total Fat** 12g 15%

Saturated Fat 1.5g 8%

*Trans* Fat 0g

**Cholesterol** 15mg 5%

**Sodium** 540mg 23%

**Total Carbohydrate** 52g 19%

Dietary Fiber 8g 29%

Total Sugars 14g

Includes 3g Added Sugars 6%

**Protein** 20g 40%

Vitamin D 0mcg 0%

Calcium 170mg 15%

Iron 4.2mg 25%

Potassium 570mg 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.