

Nutrition Facts

1 servings per container

Serving size 1 Package (283g)

Amount Per Serving

Calories 380

% Daily Value*

Total Fat 13g 17%

Saturated Fat 4g 20%

Trans Fat 0g

Cholesterol 90mg 30%

Sodium 460mg 20%

Total Carbohydrate 45g 16%

Dietary Fiber 5g 18%

Total Sugars 10g

Includes 4g Added Sugars 8%

Protein 21g 42%

Vitamin D 0.3mcg 2%

Calcium 190mg 15%

Iron 4mg 20%

Potassium 430mg 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.