

Nutrition Facts

8 servings per container

Serving size

1 cup

Amount Per Serving

Calories

350

% Daily Value*

Total Fat 12g **15%**

Saturated Fat 8g **40%**

Trans Fat 0.334g

Polyunsaturated Fat 1g

Monounsaturated Fat 3g

Cholesterol 35mg **12%**

Sodium 350mg **15%**

Total Carbohydrate 38g **14%**

Dietary Fiber 6g **21%**

Total Sugars 12g

Includes 0g Added Sugars **0%**

Sugar Alcohol 0g

Protein 27g **54%**

Vitamin D 0mcg **0%**

Calcium 421mg **30%**

Iron 3mg **15%**

Potassium 842mg **20%**

*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.