

# Nutrition Facts

Serving size

2 cups

Amount Per Serving

**Calories**

**470**

% Daily Value\*

**Total Fat** 16g **21%**

Saturated Fat 3.5g **18%**

*Trans* Fat 0.8g

**Cholesterol** 110mg **37%**

**Sodium** 880mg **38%**

**Total Carbohydrate** 48g **17%**

Dietary Fiber 5g **18%**

Total Sugars 17g

Includes 2g Added Sugars **4%**

**Protein** 36g **72%**

Vitamin D 4.4mcg 20%

Calcium 390mg 30%

Iron 3.6mg 20%

Potassium 940mg 20%

Vitamin A 1980mcg 220%

Vitamin C 18mg 20%

Folate 100mcg 25%

\*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.