

Nutrition Facts

1 servings per container

Serving size

1 container

Amount Per Serving

Calories

460

% Daily Value*

Total Fat 15g **19%**

Saturated Fat 8g **40%**

Trans Fat 0.414g

Polyunsaturated Fat 1.5g

Monounsaturated Fat 3g

Cholesterol 45mg **15%**

Sodium 390mg **17%**

Total Carbohydrate 59g **21%**

Dietary Fiber 8g **29%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Sugar Alcohol 0g

Protein 27g **54%**

Vitamin D 0.184mcg **0%**

Calcium 482mg **35%**

Iron 3.5mg **20%**

Potassium 350mg **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.