

Nutrition Facts

1 servings per container

Serving size

1 container

Amount Per Serving

Calories

250

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 4g **20%**

Trans Fat 0.251g

Polyunsaturated Fat 0.688g

Monounsaturated Fat 2g

Cholesterol 20mg **7%**

Sodium 440mg **19%**

Total Carbohydrate 44g **16%**

Dietary Fiber 5g **18%**

Total Sugars 19g

Includes 9g Added Sugars **18%**

Sugar Alcohol 0g

Protein 6g **12%**

Vitamin D 0.567mcg **2%**

Calcium 152mg **10%**

Iron 1.5mg **8%**

Potassium 250mg **6%**

*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.