

Nutrition Facts

1 servings per container

Serving size

1 container

Amount Per Serving

Calories

270

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 1.5g **8%**

Trans Fat 0.084g

Polyunsaturated Fat 0.504g

Monounsaturated Fat 0.902g

Cholesterol 10mg **3%**

Sodium 440mg **19%**

Total Carbohydrate 55g **20%**

Dietary Fiber 4g **14%**

Total Sugars 36g

Includes 13g Added Sugars **26%**

Sugar Alcohol 0g

Protein 9g **18%**

Vitamin D 0.04mcg **0%**

Calcium 228mg **20%**

Iron 1.277mg **8%**

Potassium 657mg **15%**

*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.