

Nutrition Facts

1 servings per container

Serving size 1 Package (283g)

Amount Per Serving

Calories 490

% Daily Value*

Total Fat 21g 27%

Saturated Fat 7g 35%

Trans Fat 0g

Cholesterol 370mg 123%

Sodium 740mg 32%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 6g Added Sugars 12%

Protein 38g 76%

Vitamin D 2.7mcg 15%

Calcium 450mg 35%

Iron 4.8mg 25%

Potassium 480mg 10%

*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.