

# Nutrition Facts

1 servings per container

**Serving size** 1 Package (283g)

**Amount Per Serving**

**Calories** **490**

% Daily Value\*

<b>Total Fat</b> 26g	<b>33%</b>
Saturated Fat 9g	<b>45%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 230mg	<b>77%</b>
<b>Sodium</b> 540mg	<b>23%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 28g	<b>56%</b>
Vitamin D 1.8mcg	8%
Calcium 100mg	8%
Iron 2.2mg	10%
Potassium 760mg	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.