

Nutrition Facts

1 servings per container

Serving size 1 Package (298g)

Amount Per Serving

Calories **320**

% Daily Value*

Total Fat 10g	13%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Cholesterol 80mg	27%
Sodium 530mg	23%
Total Carbohydrate 39g	14%
Dietary Fiber 8g	29%
Total Sugars 12g	
Includes 3g Added Sugars	6%
Protein 21g	42%
Vitamin D 0.1mcg	0%
Calcium 80mg	6%
Iron 2.9mg	15%
Potassium 570mg	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.