

# Nutrition Facts

1 servings per container

**Serving size** 1 Package (298g)

**Amount Per Serving**

**Calories** **520**

*% Daily Value\**

**Total Fat** 10g **13%**

Saturated Fat 2g **10%**

*Trans* Fat 0g

**Cholesterol** 65mg **22%**

**Sodium** 380mg **17%**

**Total Carbohydrate** 49g **18%**

Dietary Fiber 9g **32%**

Total Sugars 19g

Includes 8g Added Sugars **16%**

**Protein** 30g **60%**

Vitamin D 0.3mcg 2%

Calcium 100mg 8%

Iron 3.1mg 15%

Potassium 410mg 8%

\*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.