

Nutrition Facts

1 serving per container

Serving size 1 serving (171g)

Amount per serving

Calories 250

% Daily Value*

Total Fat 5g 7%

Saturated Fat 1.5g 9%

Trans Fat 0g

Cholesterol 125mg 42%

Sodium 420mg 18%

Total Carbohydrate 14g 5%

Dietary Fiber < 1g 3%

Total Sugars 12g

Includes 0g Added Sugars 0%

Protein 34g

Vitamin D 0mcg (0 IU) 0%

Calcium 51mg 4%

Iron 3mg 20%

Potassium 510mg 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.