

Nutrition Facts

1 serving per container

Serving size 1 serving (180g)

Amount per serving

Calories 290

% Daily Value*

Total Fat 5g 7%

Saturated Fat 1g 6%

Trans Fat 0g

Cholesterol 120mg 39%

Sodium 70mg 3%

Total Carbohydrate 23g 8%

Dietary Fiber 4g 14%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 37g

Vitamin D 0mcg (1 IU) 0%

Calcium 22mg 2%

Iron 1mg 6%

Potassium 520mg 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.