

Nutrition Facts

1 serving per container

Serving size 1 serving (215g)

Amount per serving

Calories 340

% Daily Value*

Total Fat 11g 14%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 165mg 55%

Sodium 610mg 26%

Total Carbohydrate 20g 7%

Dietary Fiber 2g 8%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 43g

Vitamin D 0.21mcg (9 IU) 2%

Calcium 237mg 20%

Iron 3mg 15%

Potassium 700mg 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.