# Nutrition Facts

1 serving per container

**Serving size**
1 serving (215g)

## Amount per serving

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>340</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>11g</td>
<td>14%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>5g</td>
<td>25%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>165mg</td>
<td>55%</td>
</tr>
<tr>
<td>Sodium</td>
<td>610mg</td>
<td>26%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>20g</td>
<td>7%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
<td>8%</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>4g</td>
<td></td>
</tr>
<tr>
<td>Includes 0g Added Sugars</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>43g</td>
<td></td>
</tr>
<tr>
<td>Vitamin D</td>
<td>0.21mcg (9 IU)</td>
<td>2%</td>
</tr>
<tr>
<td>Calcium</td>
<td>237mg</td>
<td>20%</td>
</tr>
<tr>
<td>Iron</td>
<td>3mg</td>
<td>15%</td>
</tr>
<tr>
<td>Potassium</td>
<td>700mg</td>
<td>15%</td>
</tr>
</tbody>
</table>

* 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.