

Nutrition Facts

1 serving per container

Serving size 1 serving (229g)

Amount per serving

Calories 530

% Daily Value*

Total Fat 29g 37%

Saturated Fat 11g 55%

Trans Fat 0g

Cholesterol 95mg 32%

Sodium 500mg 22%

Total Carbohydrate 35g 13%

Dietary Fiber 3g 11%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 32g

Vitamin D 0mcg (1 IU) 0%

Calcium 34mg 2%

Iron 0.95mg 6%

Potassium 480mg 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.