

Nutrition Facts

1 serving per container

Serving size 1 serving (174g)

Amount per serving

Calories 290

% Daily Value*

Total Fat 12g 16%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 160mg 53%

Sodium 100mg 4%

Total Carbohydrate 18g 6%

Dietary Fiber 0g 1%

Total Sugars 15g

Includes 0g Added Sugars 0%

Protein 28g

Vitamin D 0.34mcg (15 IU) 2%

Calcium 20mg 2%

Iron 2mg 8%

Potassium 340mg 8%

* 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.