

Nutrition Facts

1 serving per container

Serving size 1 serving (244g)

Amount per serving

Calories 400

% Daily Value*

Total Fat 28g 37%

Saturated Fat 7g 36%

Trans Fat 0g

Cholesterol 70mg 23%

Sodium 1080mg 47%

Total Carbohydrate 16g 6%

Dietary Fiber 2g 8%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 24g

Vitamin D 0mcg (0 IU) 0%

Calcium 103mg 8%

Iron 4mg 20%

Potassium 680mg 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.