

Nutrition Facts

1 serving per container

Serving size 1 serving (228g)

Amount per serving

Calories 360

% Daily Value*

Total Fat 9g 11%

Saturated Fat 1g 6%

Trans Fat 0g

Cholesterol 170mg 57%

Sodium 1870mg 81%

Total Carbohydrate 47g 17%

Dietary Fiber 1g 5%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 21g

Vitamin D 0.17mcg (7 IU) 0%

Calcium 174mg 15%

Iron 1mg 8%

Potassium 220mg 4%

* 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.