

Nutrition Facts

1 serving per container

Serving size 1 serving (238g)

Amount per serving

Calories 460

% Daily Value*

Total Fat 21g 27%

Saturated Fat 9g 44%

Trans Fat 0g

Cholesterol 200mg 66%

Sodium 1080mg 47%

Total Carbohydrate 34g 12%

Dietary Fiber 2g 6%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 34g

Vitamin D 0mcg (8 IU) 0%

Calcium 478mg 35%

Iron 13mg 70%

Potassium 60mg 2%

* 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.