

Nutrition Facts

1 serving per container

Serving size 1 serving (221g)

Amount per serving

Calories 290

% Daily Value*

Total Fat 11g 15%

Saturated Fat 2g 11%

Trans Fat 0g

Cholesterol 80mg 27%

Sodium 470mg 20%

Total Carbohydrate 16g 6%

Dietary Fiber 1g 5%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 30g

Vitamin D 0mcg (0 IU) 0%

Calcium 72mg 6%

Iron 2mg 10%

Potassium 390mg 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.