

# Nutrition Facts

1 serving per container

**Serving size** 1 serving (158g)

Amount per serving

**Calories** 230

% Daily Value\*

**Total Fat** 11g 14%

Saturated Fat 0.5g 3%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 320mg 14%

**Total Carbohydrate** 24g 9%

Dietary Fiber 6g 21%

Total Sugars 3g

Includes 0g Added Sugars 0%

**Protein** 8g

Vitamin D 0mcg (11 IU) 0%

Calcium 15mg 2%

Iron 0.43mg 2%

Potassium 110mg 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.