

Nutrition Facts

Serving Size 1 (171g)
Serving Per Container 6

Amount Per Serving

Calories 530

Calories from Fat 160

%Daily Value*

Total Fat 18g **28%**

Saturated Fat 7g **36%**

Trans Fat 0g

Cholesterol 155mg **52%**

Sodium 610mg **25%**

Total Carbohydrate 72g **24%**

Dietary Fiber 7g **27%**

Sugars 7g

Protein 20g **41%**

Vitamin A 10%

•

Vitamin C 20%

Calcium 25%

•

Iron 25%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g