

Nutrition Facts

Serving Size 1 (500g)

Serving Per Container 1

Amount Per Serving

Calories 490

Calories from Fat 100

%Daily Value*

Total Fat 11g **17%**

Saturated Fat 4.5g **24%**

Trans Fat 0g

Cholesterol 60mg **21%**

Sodium 1790mg **75%**

Total Carbohydrate 55g **18%**

Dietary Fiber 8g **32%**

Sugars 17g

Protein 44g **88%**

Vitamin A 30%

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Vitamin C 50%

Calcium 50%

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Iron 20%

* 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