

# Nutrition Facts

Serving Size 1 (183g)

Serving Per Container 4

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## Amount Per Serving

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**Calories** 350

Calories from Fat 150

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**%Daily Value\***

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**Total Fat** 16g **25%**

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Saturated Fat 6g **31%**

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*Trans Fat* 0g

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**Cholesterol** 45mg **14%**

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**Sodium** 1320mg **55%**

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**Total Carbohydrate** 27g **9%**

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Dietary Fiber 5g **21%**

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Sugars 3g

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**Protein** 25g **50%**

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Vitamin A 15% • Vitamin C 20%

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Calcium 80% • Iron 20%

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\* 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     |