

# Nutrition Facts

Serving Size 1 (345g)

Serving Per Container 1

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## Amount Per Serving

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**Calories** 470

Calories from Fat 220

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**%Daily Value\***

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**Total Fat** 24g **38%**

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Saturated Fat 4.5g **22%**

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*Trans Fat* 0g

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**Cholesterol** 0mg **0%**

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**Sodium** 650mg **27%**

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**Total Carbohydrate** 41g **14%**

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Dietary Fiber 12g **46%**

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Sugars 7g

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**Protein** 26g **52%**

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Vitamin A 8%

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Vitamin C 20%

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Calcium 45%

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Iron 25%

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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