

Nutrition Facts

Serving Size 1 (234g)
Serving Per Container 5

Amount Per Serving

Calories 360

Calories from Fat 130

%Daily Value*

Total Fat 14g **22%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 1210mg **50%**

Total Carbohydrate 43g **14%**

Dietary Fiber 8g **33%**

Sugars 3g

Protein 18g **35%**

Vitamin A 1740% • Vitamin C 60%

Calcium 430% • Iron 15%

* 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 |