

Nutrition Facts

Serving Size 1 (372g)

Serving Per Container 4

Amount Per Serving

Calories 1160

Calories from Fat 490

%Daily Value*

Total Fat 54g **83%**

Saturated Fat 22g **112%**

Trans Fat 0g

Cholesterol 55mg **18%**

Sodium 1250mg **52%**

Total Carbohydrate 147g **49%**

Dietary Fiber 15g **60%**

Sugars 21g

Protein 23g **46%**

Vitamin A 1310% • Vitamin C 45%

Calcium 40% • Iron 35%

* 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