

Nutrition Facts

Serving Size 1 (237g)

Serving Per Container 4

Amount Per Serving

Calories 260

Calories from Fat 70

%Daily Value*

Total Fat 8g **12%**

Saturated Fat 2.0g **11%**

Trans Fat 0g

Cholesterol 15mg **4%**

Sodium 570mg **24%**

Total Carbohydrate 36g **12%**

Dietary Fiber 5g **20%**

Sugars 5g

Protein 14g **28%**

Vitamin A 130% • Vitamin C 45%

Calcium 15% • Iron 25%

* 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 |