

Nutrition Facts

Serving Size 1 (79g)

Serving Per Container 12

Amount Per Serving

Calories 380

Calories from Fat 120

%Daily Value*

Total Fat 13g **21%**

Saturated Fat 2.5g **12%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 810mg **34%**

Total Carbohydrate 36g **12%**

Dietary Fiber 4g **17%**

Sugars 13g

Protein 16g **33%**

Vitamin A 210% • Vitamin C 0%

Calcium 100% • 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