

Nutrition Facts

Serving Size 1 (179g)
Serving Per Container 4

Amount Per Serving

Calories 380

Calories from Fat 130

%Daily Value*

Total Fat 15g **23%**

Saturated Fat 7g **33%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 980mg **41%**

Total Carbohydrate 50g **17%**

Dietary Fiber 10g **41%**

Sugars 10g

Protein 14g **29%**

Vitamin A 170% • Vitamin C 200%

Calcium 50% • Iron 30%

* 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