

Nutrition Facts

Serving Size 1 (164g)
Serving Per Container 2

Amount Per Serving

Calories 420

Calories from Fat 230

%Daily Value*

Total Fat 25g **39%**

Saturated Fat 6g **31%**

Trans Fat 0g

Cholesterol 20mg **6%**

Sodium 2000mg **83%**

Total Carbohydrate 30g **10%**

Dietary Fiber 5g **18%**

Sugars 3g

Protein 17g **33%**

Vitamin A 1030% • Vitamin C 10%

Calcium 470% • 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