

Nutrition Facts

Serving Size 1 (195g)

Serving Per Container 1

Amount Per Serving

Calories 490

Calories from Fat 250

%Daily Value*

Total Fat 28g **43%**

Saturated Fat 10g **51%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 820mg **34%**

Total Carbohydrate 46g **15%**

Dietary Fiber 5g **19%**

Sugars 20g

Protein 16g **32%**

Vitamin A 1020% • Vitamin C 35%

Calcium 480% • Iron 10%

* 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