

Nutrition Facts

Serving Size 1 (166g)
Serving Per Container 4

Amount Per Serving

Calories 320

Calories from Fat 160

%Daily Value*

Total Fat 18g **27%**

Saturated Fat 2.0g **10%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 1600mg **67%**

Total Carbohydrate 21g **7%**

Dietary Fiber 2g **9%**

Sugars 2g

Protein 21g **42%**

Vitamin A 2980% • Vitamin C 8%

Calcium 1380% • Iron 8%

* 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 |