

Nutrition Facts

Serving Size 1 (251g)

Serving Per Container 4

Amount Per Serving

Calories 320

Calories from Fat 130

%Daily Value*

Total Fat 14g **22%**

Saturated Fat 2.5g **11%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 1300mg **54%**

Total Carbohydrate 26g **9%**

Dietary Fiber 2g **10%**

Sugars 2g

Protein 21g **43%**

Vitamin A 35% • Vitamin C 100%

Calcium 35% • 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