

Nutrition Facts

Serving Size 1 (289g)

Serving Per Container 2

Amount Per Serving

Calories 690

Calories from Fat 190

%Daily Value*

Total Fat 21g **32%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 1560mg **65%**

Total Carbohydrate 83g **28%**

Dietary Fiber 23g **90%**

Sugars 8g

Protein 42g **85%**

Vitamin A 10% • Vitamin C 2%

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