

Nutrition Facts

Serving Size 1 (389g)

Serving Per Container 4

Amount Per Serving

Calories 950

Calories from Fat 390

%Daily Value*

Total Fat 43g **66%**

Saturated Fat 10g **51%**

Trans Fat 0g

Cholesterol 65mg **22%**

Sodium 490mg **20%**

Total Carbohydrate 98g **33%**

Dietary Fiber 24g **98%**

Sugars 5g

Protein 48g **97%**

Vitamin A 40%

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Vitamin C 90%

Calcium 25%

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Iron 45%

* 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