

Nutrition Facts

4 servings per container

Serving size

Amount Per Serving

Calories

210

% Daily Value*

Total Fat 11g **14%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 300mg **13%**

Total Carbohydrate 25g **9%**

Dietary Fiber 6g **21%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 4g **8%**

Vitamin D 3mcg **15%**

Calcium 18mg **2%**

Iron 1mg **6%**

Potassium 0mg **0%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.