

# Nutrition Facts

1 servings per container

**Serving size** 1 (1g)

**Amount Per Serving**

**Calories** 350

% Daily Value\*

**Total Fat** 10g 13%

Saturated Fat 0.7g 4%

*Trans* Fat 0g

**Cholesterol** 20mg 7%

**Sodium** 350mg 15%

**Total Carbohydrate** 28g 10%

Dietary Fiber 8g 29%

Total Sugars 10g

Includes 0g Added Sugars 0%

**Protein** 45g 90%

Vitamin D 5.04mcg 25%

Calcium 927mg 70%

Iron 4.302mg 25%

Potassium 884mg 20%

\*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.