

Nutrition Facts

About 2 servings per container

Serving size 1 Cup (134g)

Amount per serving

Calories 350

	% Daily Value*
Total Fat 12g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 698mg	48%
Total Carbohydrate 34 g	12%
Dietary Fiber 5g	18%
Total Sugars. 3g	
Includes 0g Added Sugars	0%
Protein 28g	

Vitamin D. 0mcg	0.00%
Calcium 83mg	6.00%
Iron 5mg	30.00%
Potassium 515mg	10.00%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.