

Nutrition Facts

1 servings per container

Serving size 2.3 oz (65g)

Amount Per Serving

Calories **320**

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 3g

Cholesterol 0mg **0%**

Sodium 510mg **22%**

Total Carbohydrate 49g **18%**

Dietary Fiber 2g **7%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 15g **30%**

Vitamin D 0mcg **0%**

Calcium 56mg **4%**

Iron 3mg **15%**

Potassium 131mg **2%**

Vitamin C **2%**

*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.