

# Nutrition Facts

24 servings per container

**Serving size** 1 Portion (284g)

**Amount Per Serving**

**Calories** **360**

% Daily Value\*

**Total Fat** 11g 14%

Saturated Fat 3g 15%

*Trans* Fat 0g

**Cholesterol** 110mg 37%

**Sodium** 690mg 30%

**Total Carbohydrate** 24g 9%

Dietary Fiber < 1g 2%

Total Sugars 2g

Includes < 1g Added Sugars 2%

**Protein** 20g 40%

Vitamin D 0.2mcg 0%

Calcium 147mg 10%

Iron 2mg 10%

Potassium 636mg 15%

\*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.