

Nutrition Facts

2 servings per container

Serving size 1 serving (513g)

Amount per serving

Calories 500

	% Daily Value*
Total Fat 21g	27%
Saturated Fat 4.5g	22%
Trans Fat 0g	
Cholesterol 225mg	75%
Sodium 630mg	28%
Total Carbohydrate 48g	17%
Dietary Fiber 11g	39%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 34g	

Vitamin D 0mcg (0 IU)	0%
Calcium 330mg	25%
Iron 3mg	15%
Potassium 940mg	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.

Contains: shellfish, milk