

Nutrition Facts

2 servings per container

Serving size 1 serving (310g)

Amount per serving

Calories 470

% Daily Value*

Total Fat 21g 27%

Saturated Fat 6g 31%

Trans Fat 0g

Cholesterol 115mg 38%

Sodium 510mg 22%

Total Carbohydrate 26g 9%

Dietary Fiber 5g 17%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 43g

Vitamin D 0mcg (0 IU) 0%

Calcium 127mg 10%

Iron 4mg 25%

Potassium 760mg 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.