

Nutrition Facts

2 servings per container

Serving size 1 serving (862g)

Amount per serving

Calories 640

% Daily Value*

Total Fat 28g 35%

Saturated Fat 5g 27%

Trans Fat 0g

Cholesterol 125mg 41%

Sodium 750mg 33%

Total Carbohydrate 45g 16%

Dietary Fiber 13g 47%

Total Sugars 24g

Includes 0g Added Sugars 0%

Protein 57g

Vitamin D 0.13mcg (6 IU) 0%

Calcium 238mg 20%

Iron 6mg 30%

Potassium 1780mg 40%

* 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.