

Nutrition Facts

4 servings per container

Serving size 1.5 cups (192g)

Amount Per Serving

Calories 310

% Daily Value*

Total Fat 20g 26%

Saturated Fat 3.3g 17%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 440mg 19%

Total Carbohydrate 9g 3%

Dietary Fiber 2g 7%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 25g 50%

Vitamin D 0mcg 0%

Calcium 105mg 8%

Iron 2mg 10%

Potassium 420mg 8%

*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.