

Nutrition Facts

4 servings per container

Serving size

1 1/2 cups

Amount Per Serving

Calories

290

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 0.8g **4%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 1.1g

Cholesterol 30mg **10%**

Sodium 880mg **38%**

Total Carbohydrate 40g **15%**

Dietary Fiber 4g **14%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 21g **42%**

Vitamin D 0mcg **0%**

Calcium 57mg **4%**

Iron 2.5mg **15%**

Potassium 612mg **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.