

Nutrition Facts

4 servings per container

Serving size

1 cup

Amount Per Serving

Calories

310

% Daily Value*

Total Fat 9g **12%**

Saturated Fat 3g **15%**

Trans Fat 0.2g

Polyunsaturated Fat 1.6g

Monounsaturated Fat 2.6g

Cholesterol 115mg **38%**

Sodium 690mg **30%**

Total Carbohydrate 17g **6%**

Dietary Fiber 3g **11%**

Total Sugars 7g

Includes 0g Added Sugars **0%**

Protein 41g **82%**

Vitamin D 0.19mcg **0%**

Calcium 97mg **8%**

Iron 2mg **10%**

Potassium 700mg **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.