

# Nutrition Facts

**Serving size** 6 shells

**Amount Per Serving**

**Calories** **600**

% Daily Value\*

**Total Fat** 24g **31%**

Saturated Fat 6g **30%**

*Trans* Fat 0g

Polyunsaturated Fat 10g

Monounsaturated Fat 5g

**Cholesterol** 20mg **7%**

**Sodium** 890mg **39%**

**Total Carbohydrate** 77g **28%**

Dietary Fiber 13g **46%**

Total Sugars 20g

Includes 4g Added Sugars **8%**

**Protein** 27g **54%**

Vitamin D 1mcg 4%

Calcium 497mg 40%

Iron 5mg 30%

Potassium 1710mg 35%

\*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.