

# Nutrition Facts

1 servings per container

**Serving size**

**1 container**

**Amount Per Serving**

**Calories**

**200**

**% Daily Value\***

**Total Fat** 12g **15%**

Saturated Fat 5g **25%**

*Trans* Fat 0.224g

Polyunsaturated Fat 1g

Monounsaturated Fat 4g

**Cholesterol** 205mg **68%**

**Sodium** 510mg **22%**

**Total Carbohydrate** 12g **4%**

Dietary Fiber 2g **7%**

Total Sugars 4g

Includes < 1g Added Sugars **2%**

Sugar Alcohol 0g

**Protein** 12g **24%**

Vitamin D 1.576mcg **8%**

Calcium 166mg **15%**

Iron 1mg **6%**

Potassium 243mg **6%**

\*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.