

# Nutrition Facts

Serving Size (171 g)

## Amount Per Serving

**Calories** 399      **Calories from Fat** 60

### % Daily Value\*

**Total Fat** 7g      10%

Saturated Fat 3g      15%

Trans Fat 0g

**Cholesterol** 56mg      19%

**Sodium** 1238mg      52%

**Total Carbohydrate** 59g      20%

Dietary Fiber 2g      10%

Sugars 4g

**Protein** 25g

Vitamin A      5% • Vitamin C      0%

Calcium      26% • Iron      27%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:

Fat 9      •      Carbohydrate 4      •      Protein 4

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