

# Nutrition Facts

Serving size

Amount Per Serving

**Calories** **213.88**

% Daily Value\*

**Total Fat** 6.24g ?%

Saturated Fat 1g ?%

*Trans* Fat 0g

**Cholesterol** 54mg ?%

**Sodium** 414mg ?%

**Total Carbohydrate** 24.75g ?%

Dietary Fiber 3.92g ?%

Total Sugars

Includes 3.5g Added Sugars ?%

**Protein** 14.68g

Not a significant source of vitamin D, calcium, iron, and potassium

\*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.