

# Nutrition Facts

Serving size

Amount Per Serving

**Calories** **213.88**

% Daily Value\*

**Total Fat** 6.24g **8%**

Saturated Fat 1g **5%**

Trans Fat 0g

**Cholesterol** 54mg **18%**

**Sodium** 414mg **18%**

**Total Carbohydrate** 24.75g **9%**

Dietary Fiber 3.92g **14%**

Total Sugars

Includes 3.5g Added Sugars **7%**

**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.