

Nutrition Facts

1 serving per container

Serving size

1 (239g)

Amount Per Serving

Calories

330

% Daily Value*

Total Fat 14g **18%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 195mg **65%**

Sodium 370mg **16%**

Total Carbohydrate 37g **13%**

Dietary Fiber 10g **36%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 16g **32%**

Vitamin D 1.1mcg 6%

Calcium 190mg 15%

Iron 3.5mg 20%

Potassium 690mg 15%

* 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.

CONTAINS: MILK, EGG, WHEAT