

# 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