

Nutrition Facts

1 servings per container

Serving size 1 Pouch (50g)

Amount Per Serving

Calories **200**

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 240mg **10%**

Total Carbohydrate 18g **7%**

Dietary Fiber 6g **21%**

Total Sugars 7g

Includes 0g Added Sugars **0%**

Protein 11g **22%**

Vitamin D 5mcg **25%**

Calcium 74mg **6%**

Iron 3mg **15%**

Potassium 448mg **10%**

Vitamin A 15mcg **0%**

Vitamin C 10mg **10%**

Vitamin E 1.3mg **4%**

Vitamin K 26mcg **20%**

Riboflavin 0.2mg **15%**

Niacin 1.7mg **10%**

Biotin 3mcg **10%**

Phosphorus 265mg **20%**

Magnesium 108mg **25%**

Zinc 2mg **20%**

*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.