

# Nutrition Facts

1 servings per container

**Serving size** 1 Pouch (50g)

**Amount Per Serving**

**Calories** **200**

% Daily Value\*

**Total Fat** 11g **14%**

Saturated Fat 1g **5%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 420mg **18%**

**Total Carbohydrate** 15g **5%**

Dietary Fiber 8g **29%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 15g **30%**

Vitamin D 6mcg 30%

Calcium 92mg 8%

Iron 14mg 80%

Potassium 570mg 10%

Vitamin A 396mcg 4%

Vitamin C 15mg 15%

Vitamin E 1.4mg 4%

Vitamin K 72mcg 60%

Riboflavin 0.3mg 25%

Niacin 3mg 20%

Biotin 6mcg 20%

Phosphorus 373mg 30%

Magnesium 165mg 40%

Zinc 3mg 25%

\*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.