

Nutrition Facts

1 servings per container

Serving size 1 Pouch (50g)

Amount Per Serving

Calories **230**

% Daily Value*

Total Fat 13g **17%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 280mg **12%**

Total Carbohydrate 13g **5%**

Dietary Fiber 7g **25%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 15g **30%**

Vitamin D 7mcg **35%**

Calcium 106mg **8%**

Iron 5mg **30%**

Potassium 465mg **10%**

Vitamin A 555mcg **6%**

Vitamin C 21mg **25%**

Vitamin E 1.8mg **6%**

Vitamin K 62mcg **50%**

Riboflavin 0.4mg **30%**

Niacin 3.4mg **20%**

Biotin 18mcg **60%**

Phosphorus 385mg **30%**

Magnesium 153mg **35%**

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.