

Nutrition Facts

Serving Size (123g)

Serving Per Container 4

Amount Per Serving

Calories 500

Calories from Fat 148

% Daily Values*

Total Fat 16.5g **25%**

Saturated Fat 2.6g **13%**

Trans Fat 0g

Polyunsaturated Fat 7.2g

Monounsaturated Fat 2.8g

Cholesterol 6.5mg **2%**

Potassium 903.25mg **26%**

Sodium 448mg **19%**

Total Carbohydrate 68.2g **23%**

Dietary Fiber 7.05g **28%**

Sugars 0g

Protein 21.9g **44%**

Vitamin A 22% ● Vitamin C 53%

Calcium 36% ● Iron 78%

Vitamin D 27% ● Vitamin E 32%

Vitamin K 30% ● Thiamin 766%

Riboflavin 620% ● Niacin 50%

Vitamin B6 645% ● Folate 30%

Vitamin B12 332% ● Biotin 160%

Pantothenic Acid 172% ● Phosphorus 27%

Iodine 47% ● Magnesium 56%

Zinc 50% ● Selenium 80%

Copper 52% ● Manganese 32%

Chromium 54% ● Molybdenum 27%

Chloride 27%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g