

Nutrition Facts

192 servings per container

Serving size (54g)

Amount Per Serving

Calories **160**

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 340mg **15%**

Total Carbohydrate 16g **6%**

Dietary Fiber 1g **4%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 7g **14%**

Vitamin D 0mcg **0%**

Calcium 130mg **10%**

Iron 0.72mg **4%**

Potassium 5170mg **110%**

*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.