

# Nutrition Facts

Serving Size

Servings Per Container 1

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**Amount Per Serving**

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**Calories** 343

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**% Daily Values\***

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<b>Total Fat</b> 3.2g	<b>5%</b>
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Saturated Fat 0.2g	<b>1%</b>
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Trans Fat 0g	
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<b>Cholesterol</b> 4mg	<b>1%</b>
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<b>Sodium</b> 223.6mg	<b>9%</b>
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<b>Total Carbohydrate</b> 34.3g	<b>11%</b>
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Dietary Fiber 7.6g	<b>30%</b>
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Sugars 14.2g	
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<b>Protein</b> 31.7g	<b>63%</b>
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\* Percent Daily Values are based on a 2,000 calorie diet.