

Nutrition Facts

Serving Size

Servings Per Container 1

Amount Per Serving

Calories 197

% Daily Values*

Total Fat 7.7g **12%**

Saturated Fat 1.8g **9%**

Trans Fat 0g

Cholesterol 55mg **18%**

Sodium 524mg **22%**

Total Carbohydrate 9.9g **3%**

Dietary Fiber 3.9g **16%**

Sugars 2.2g

Protein 25g **50%**

* Percent Daily Values are based on a 2,000 calorie diet.