

# Nutrition Facts

2 servings per container

Serving size

4oz (113g)

	per serving		per container	
<b>Calories</b>	<b>270</b>		<b>540</b>	
	% Daily Value*		% Daily Value*	
<b>Total Fat</b>	15g	19%	29g	37%
Saturated Fat	3.5g	18%	7g	35%
Trans Fat	0g		0g	
<b>Cholesterol</b>	40mg	13%	80mg	27%
<b>Sodium</b>	430mg	19%	870mg	38%
<b>Total Carbohydrate</b>	23g	8%	45g	16%
Dietary Fiber	1g	4%	2g	7%
Total Sugars	8g		16g	
Includes Added Sugars	0g	0%	0g	0%
<b>Protein</b>	14g		28g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	12mg	0%	24mg	2%
Iron	1mg	6%	2mg	10%
Potassium	80mg	2%	161mg	4%

\*The % Daily Value 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.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4