

# Nutrition Facts

Serving Size 1 Meal (227g)

Servings Per Container 1

**Amount Per Serving****Calories** 250

Calories from Fat 70

**% Daily Value\*****Total Fat** 8g **12%**Saturated Fat 1.5g **8%**

Trans Fat 0g

**Cholesterol** 30mg **10%****Sodium** 460mg **19%****Total Carbohydrate** 28g **9%**Dietary Fiber 4g **16%**

Sugars 3g

**Protein** 16g

Vitamin A 6% • Vitamin C 15%

Calcium 4% • Iron 10%

\*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	