

Nutrition Facts

Serving Size 1 meal (283g)

Servings Per Container 1

Amount Per Serving**Calories** 220

Calories from Fat 45

% Daily Value***Total Fat** 5g **8%**Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%****Sodium** 670mg **28%****Total Carbohydrate** 38g **13%**Dietary Fiber 4g **16%**

Sugars 6g

Protein 7g

Vitamin A 45% • Vitamin C 60%

Calcium 8% • Iron 15%

*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