

# Nutrition Facts

Serving Size 1 meal (283g)

Servings Per Container 1

**Amount Per Serving****Calories** 280

Calories from Fat 80

**% Daily Value\*****Total Fat** 9g **14%**Saturated Fat 1g **5%**

Trans Fat 0g

**Cholesterol** 0mg **0%****Sodium** 690mg **29%****Total Carbohydrate** 43g **14%**Dietary Fiber 8g **32%**

Sugars 3g

**Protein** 10g

Vitamin A 15% • Vitamin C 45%

Calcium 6% • Iron 20%

\*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