

Nutrition Facts

About 25 servings per container

Serving size 3 level scoops (37g)

Amount Per Serving

Calories

140

% Daily Value*

Total Fat 3g 4%

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 330mg 14%

Total Carbohydrate 10g 4%

Dietary Fiber 2g **7%**

Total Sugars <1g

Includes <1g Added Sugars **2%**

Protein 18g 36%

Vitamin D 0mcg 0%

Calcium 79mg 6%

Iron 6mg 35%

Potassium 184mg 4%

*The % Daily Value (DV) 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.