

Nutrition Facts

1 servings per container

Serving size 1 carton (237ml)**Amount Per Serving****Calories** **480**

% Daily Value*

Total Fat 24g **31%**Saturated Fat 0g **0%***Trans* Fat 0g**Cholesterol** 0mg **0%****Sodium** 220mg **10%****Total Carbohydrate** 43g **16%**Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%****Protein** 22g

Vitamin D 2.5mcg 10%

Calcium 200mg 15%

Iron 4.3mg 25%

Potassium 230mg 4%

Vitamin A 2%

Vitamin C 25%

Vitamin E 45%

Vitamin K 25%

Thiamin 35%

Riboflavin 70%

Niacin 30%

Vitamin B6 120%

Vitamin B12 60%

Biotin 40%

Pantothenic Acid 50%

Phosphorus 15%

Iodine 30%

Magnesium 10%

Zinc 45%

Selenium 45%

Copper 60%

Manganese 45%

Chromium 70%

Molybdenum 45%

Chloride 8%

*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.