

# Nutrition Facts

1 servings per container

Serving Size

1

Amount per serving

**Calories**

**470**

	% Daily Value*	
Total Fat	22 g	29%
Saturated Fat	14 g	
Trans Fat	.1 g	N/A
Cholesterol	125 mg	42%
Sodium	1000 mg	43%
Total Carbohydrate	47 g	17%
Dietary Fiber	2.5 g	10%
Added Sugars	0 g	0%
Protein	18 g	
Vitamin D	0	
Allergen Information	Dairy, Shellfish	

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.