

# Nutrition Facts

Serving size 1

Amount Per Serving

**Calories** 250

% Daily Value\*

**Total Fat** 13g 17%

Saturated Fat 1.2g 6%

*Trans* Fat 0.1g

**Cholesterol** 30mg 9%

**Sodium** 180mg 8%

**Total Carbohydrate** 30g 11%

Dietary Fiber 1g 4%

Total Sugars 15g

Includes 6g Added Sugars 12%

**Protein** 3g 6%

Vitamin D 0mcg 0%

Calcium 39mg 4%

Iron 1.08mg 6%

Potassium 188mg 4%

Vitamin A 2%

\*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.