

# Nutrition Facts

Serving Size 654 g

## Amount Per Serving

**Calories** 567      Calories from Fat 132

**% Daily Value\***

**Total Fat** 15.3g      **31%**

Saturated Fat 7.3g      **51%**

Trans Fat 0.0g

**Cholesterol** 74mg      **18%**

**Sodium** 628mg      **28%**

**Potassium** 1454mg      **31%**

**Total Carbohydrates** 83.42g      **34%**

Dietary Fiber 11.6g      **46%**

Sugars 23.6g

**Protein** 28.96g

Vitamin A 597%      •      Vitamin C 153%

Calcium 17%      •      Iron 24%

**Nutrition Grade B**

\* Based on a 2000 calorie diet