

Amount per serving

Calories **484**

% Daily Value*

Total Fat 26g **33%**

Saturated Fat 6g **30%**

Cholesterol 0mg **0%**

Sodium 459mg **20%**

Total Carbohydrate 63.4g **23%**

Dietary Fiber 1.6g **6%**

Total Sugars 42g

Protein 3.5g

Vitamin D 2mcg 9%

Calcium 65mg 5%

Iron 2mg 12%

Potassium 197mg 4%