

# Nutrition Facts

Serving Size

Servings Per Container 1

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**Amount Per Serving**

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**Calories** 218

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**% Daily Values\***

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**Total Fat** 1.6g **2%**

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Saturated Fat 0.2g **1%**

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Trans Fat 0g

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**Sodium** 31mg **1%**

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**Total Carbohydrate** 18.8g **6%**

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Dietary Fiber 2.9g **12%**

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Sugars 1.7g

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**Protein** 26.2g **52%**

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\*Percent Daily Values are based on a 2,000 calorie diet.