

# Nutrition Facts

**Serving size** 1 bag (32g)

Amount per serving

**Calories** 140

**% Daily Value\***

**Total Fat** 5g 6%

Saturated Fat 1g 5%

*Trans* Fat 0g

**Cholesterol** 5mg 2%

**Sodium** 290mg 13%

**Total Carbohydrate** 5g 2%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 0g Added Sugars 0%

**Protein** 19g 38%

Vitamin D 0mcg 0%

Calcium 170mg 15%

Iron 0.4mg 2%

Potassium 50mg 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.

**INGREDIENTS:** PROTEIN BLEND (MILK PROTEIN ISOLATE, WHEY PROTEIN ISOLATE), VEGETABLE OIL (SUNFLOWER, CANOLA, AND/OR SOYBEAN OIL), CALCIUM CASEINATE, CORN STARCH, NATURAL FLAVORS, SOLUBLE CORN FIBER. CONTAINS LESS THAN 2% OF THE FOLLOWING: SALT, PSYLLIUM HUSK, ONION POWDER, WHEY POWDER, SPICE, SUGAR, CHEDDAR CHEESE POWDER (CULTURED MILK, SALT, ENZYMES), GARLIC POWDER, LECITHIN (SUNFLOWER, CANOLA, AND/OR SOY LECITHIN), YEAST EXTRACT, TOMATO POWDER, CALCIUM CARBONATE, TURMERIC OLEORESIN (COLOR), BUTTERMILK POWDER, CITRIC ACID, SPICE AND COLORING (CONTAINS PAPRIKA), CHIA SEED, STEVIA SWEETENER.

**CONTAINS: MILK, SOY.**

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