

# Nutrition Facts

1 Serving Per Container

**Serving Size**

**63ml**

**Amount Per Serving**

**Calories**

**230**

**% Daily Value \***

**Total Fat** 19g **24%**

Saturated Fat 12g **58%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 70mg **4%**

**Total Carbohydrates** 14g **5%**

Dietary Fiber 1g **4%**

Total Sugars 8g

Includes 7g Added Sugars **15%**

**Protein** 4g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 2.1mg 10%

Potassium 180mg 4%

\* 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.