

Nutrition Facts

For a Serving Size of 1 bowl (198g)

	Calories	
Calories 340	from Fat	
	180	
	(52.9%)	
	% Daily	
	Value *	
Total Fat 20g		-
Saturated fat 7g		-
Cholesterol 330mg		-
Sodium 790mg		33%
Potassium 400mg		9%
Carbohydrates 20g		-
Net carbs 19g		-
Sugar 0g		-
Fiber 1g		4%
Protein 18g		
Vitamins and minerals		
Vitamin D 2µg		14%
Calcium 150mg		15%
Iron 2mg		25%
Fatty acids		
Amino acids		

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs.