

# Nutrition Facts

1 serving per container

**Serving size** 1 hot pocket  
(125g)

Amount per serving

**Calories** 290

% Daily Value\*

**Total Fat** 16g 21%

Saturated Fat 7g 35%

Trans Fat 0g

**Cholesterol** 35mg 12%

**Sodium** 450mg 20%

**Total Carbohydrate** 29g 11%

Dietary Fiber 2g 7%

Total Sugars 3g

Includes 1g Added Sugars 2%

**Protein** 9g

Vitamin D 0mcg 0%

Calcium 129mg 10%

Iron 2mg 10%

Potassium 154mg 4%

\*The % Daily Value 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.