

Nutrition Facts

4 servings per container

Serving size

1/2 cup

Amount Per Serving

Calories

160

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0.281g **1%**

Trans Fat 0.002g

Polyunsaturated Fat 0.278g

Monounsaturated Fat 0.307g

Cholesterol 0mg **0%**

Sodium 45mg **2%**

Total Carbohydrate 38g **14%**

Dietary Fiber 3g **12%**

Total Sugars 22g

Includes 6g Added Sugars **11%**

Sugar Alcohol 0g

Protein 3g **7%**

Vitamin D 0.588mcg **2%**

Calcium 65mg **4%**

Iron 0.769mg **4%**

Potassium 437mg **10%**

*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.