

Nutrition Facts

6 servings per container

Serving size

1 cup

Amount Per Serving

Calories

130

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0.2g **1%**

Trans Fat 0.011g

Polyunsaturated Fat 0.153g

Monounsaturated Fat 0.213g

Cholesterol 0mg **0%**

Sodium 20mg **1%**

Total Carbohydrate 32g **12%**

Dietary Fiber 5g **18%**

Total Sugars 25g

Includes 1g Added Sugars **2%**

Sugar Alcohol 0g

Protein 2g **4%**

Vitamin D 0mcg **0%**

Calcium 64mg **4%**

Iron 1mg **6%**

Potassium 474mg **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.