

# Nutrition Facts

2 servings per container

**Serving size**

**1 cup**

**Amount Per Serving**

**Calories**

**60**

**% Daily Value\***

**Total Fat** 1g **1%**

Saturated Fat 0.271g **1%**

*Trans* Fat 0g

Polyunsaturated Fat 0.294g

Monounsaturated Fat 0.036g

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

**Sodium** 610mg **27%**

**Total Carbohydrate** 10g **4%**

Dietary Fiber 3g **11%**

Total Sugars 8g

Includes 0g Added Sugars **0%**

Sugar Alcohol 0g

**Protein** 4g **8%**

Vitamin D 0mcg **0%**

Calcium 53mg **4%**

Iron 1mg **6%**

Potassium 843mg **20%**

\*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.