

Nutrition Facts

4 servings per container

Serving size

1 cup

Amount Per Serving

Calories

120

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0.325g **2%**

Trans Fat 0.012g

Polyunsaturated Fat 0.097g

Monounsaturated Fat 0.122g

Cholesterol < 5mg **1%**

Sodium 15mg **1%**

Total Carbohydrate 29g **11%**

Dietary Fiber 3g **11%**

Total Sugars 16g

Includes 0g Added Sugars **0%**

Sugar Alcohol 0g

Protein 2g **4%**

Vitamin D 0.366mcg **2%**

Calcium 44mg **4%**

Iron 0.317mg **2%**

Potassium 469mg **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.