

Nutrition Facts

8 servings per container

Serving size

1/2 cup

Amount Per Serving

Calories

90

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0.205g **1%**

Trans Fat 0.009g

Polyunsaturated Fat 0.395g

Monounsaturated Fat 0.216g

Cholesterol 0mg **0%**

Sodium 125mg **5%**

Total Carbohydrate 18g **7%**

Dietary Fiber < 1g **2%**

Total Sugars 12g

Includes 0g Added Sugars **0%**

Protein 3g **6%**

Vitamin D 0mcg **0%**

Calcium 96mg **8%**

Iron 0.412mg **2%**

Potassium 152mg **4%**

*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.