

Nutrition Facts

Serving size 1/2 cup

Amount Per Serving

Calories 140

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0.6g 3%

Trans Fat 0g

Polyunsaturated Fat 0.3g

Monounsaturated Fat 1g

Cholesterol < 5mg 1%

Sodium 230mg 10%

Total Carbohydrate 27g 10%

Dietary Fiber 3g 11%

Total Sugars 16g

Includes 11g Added Sugars 22%

Protein 3g 6%

Vitamin D 0.5mcg 2%

Calcium 88mg 6%

Iron 1.1mg 6%

Potassium 237mg 6%

*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.