

# Nutrition Facts

Serving Size 1/4 cup (62g)

Servings Per Container About 48

## Amount Per Serving

Calories 45

Calories from Fat 0

## % Daily Value\*

**Total Fat** 0g

**0%**

Saturated Fat 0g

**0%**

Trans Fat 0g

**Cholesterol** 0mg

**0%**

**Sodium** 100mg

**4%**

**Total Carbohydrate** 9g

**3%**

Dietary Fiber 2g

**8%**

Sugars 6g

**Protein** 3g

Vitamin A 20%

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Vitamin C 20%

Calcium 2%

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Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

|                    |           | Calories: | 2,000   | 2,500   |
|--------------------|-----------|-----------|---------|---------|
| Total Fat          | Less than |           | 65g     | 80g     |
| Saturated Fat      | Less than |           | 20g     | 25g     |
| Cholesterol        | Less than |           | 300mg   | 300mg   |
| Sodium             | Less than |           | 2,400mg | 2,400mg |
| Total Carbohydrate |           |           | 300g    | 375g    |
| Dietary Fiber      |           |           | 25g     | 30g     |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4