

# Nutrition Facts

About 2.5 servings per container

**Serving size** 1 cup (140g)

**Amount per serving**

**Calories** 70

**% Daily Value\***

**Total Fat** 1g 1%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 17g 6%

Dietary Fiber 9g 33%

Total Sugars 6g

Includes 0g Added Sugars 0%

**Protein** 2g

Vitamin D 0mcg 0% • Calcium 35mg 2%

Iron 1mg 6% • Potassium 210mg 4%

Vitamin C 37mg 40%

\*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.

Ingredients: Red Raspberries