

Nutrition Facts

Serving size

1 container (71g)

Amount per serving

Calories

290

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0g **0%**

Sodium 310g **13%**

Total Carbohydrate 49g **18%**

Dietary Fiber 8g 29%

Total Sugars 13g

Includes 9g Added Sugars 18%

Protein 7g

Vitamin D 0mcg 0%

Calcium 52mg 4%

Iron 2mg 10%

Potassium 286mg 6%

*The % Daily Value 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.