

Nutrition Facts

Serving size

1/2 cup (50g)

Amount per serving

Calories

200

% Daily Value*

Total Fat 4g **4%**

Saturated Fat 1g 3%

Trans Fat 0g

Cholesterol 0g **0%**

Sodium 65g **3%**

Total Carbohydrate 38g **14%**

Dietary Fiber 4g 14%

Total Sugars 10g

Includes 10g Added Sugars 20%

Protein 5g

Vitamin D 0mcg 0%

Calcium 25mg 2%

Iron 1mg 6%

Potassium 168mg 4%

*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.