

Nutrition Facts

8 servings per container

Serving size

3/4 cup

Amount per serving

Calories

100

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 125mg **5%**

Total Carbohydrate 13g **5%**

Dietary Fiber 2g **7%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 7g

Vitamin D 0mcg **0%**

Calcium 22mg **2%**

Iron 1mg **6%**

Potassium 221mg **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.