

**Nutrition Facts**

8 servings per container

**Serving size** 2/3 cup (55g)**Amount per serving****Calories** **230**

% Daily Value\*

**Total Fat** 8g **10%**Saturated Fat 1g **5%***Trans* Fat 0g**Cholesterol** 0mg **0%****Sodium** 160mg **7%****Total Carbohydrate** 37g **13%**Dietary Fiber 4g **14%**

Total Sugars 12g

Includes 10g Added Sugars **20%****Protein** 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

\*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.