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

Vit. D 2mcg 10%  • Calcium 260mg 10%
Iron 8mg 45%  • Potas. 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.