

Nutrition Facts

Servings: 8

Amount per serving

Calories 171

% Daily Value*

Total Fat 4.3g 5%

Saturated Fat 1.1g 5%

Cholesterol 65mg 22%

Sodium 175mg 8%

Total Carbohydrate 26.2g 10%

Dietary Fiber 5.4g 19%

Total Sugars 9.6g

Protein 8g

Vitamin D 6mcg 30%

Calcium 67mg 5%

Iron 2mg 9%

Potassium 130mg 3%