

# Nutrition Facts

**Serving size** (80g)

**Amount Per Serving**

**Calories** **220**

**% Daily Value\***

**Total Fat** 1g **1%**

Saturated Fat 0.3g **2%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 210mg **9%**

**Total Carbohydrate** 52g **19%**

Dietary Fiber 6g **21%**

Total Sugars 30g

Includes 0g Added Sugars **0%**

**Protein** 3g **6%**

Vitamin D 0mcg **0%**

Calcium 91mg **8%**

Iron 1.08mg **6%**

Potassium 0mg **0%**

Vitamin A **0%**

Vitamin C **15%**

\*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.