

Nutrition Facts

6 servings per container

Serving size

Amount Per Serving

Calories

220

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 0.8g **4%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 490mg **21%**

Total Carbohydrate 37g **13%**

Dietary Fiber 11g **39%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 9g **18%**

Vitamin D 0mcg **0%**

Calcium 104mg **8%**

Iron 3.24mg **20%**

Potassium 752mg **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.