

Nutrition Facts

Serving size

Amount Per Serving

Calories

210

% Daily Value*

Total Fat 4g	5%
Saturated Fat 2.3g	12%
<i>Trans</i> Fat 0g	
Cholesterol 15mg	5%
Sodium 85mg	4%
Total Carbohydrate 40g	15%
Dietary Fiber 3g	11%
Total Sugars 23g	
Includes 0g Added Sugars	0%
Protein 7g	14%
Vitamin D 1mcg	4%
Calcium 234mg	20%
Iron 0.9mg	4%
Potassium 470mg	10%

*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.