

Nutrition Facts

23 servings per container

Serving size 1/4 Cup (40g)

Amount Per Serving

Calories **150**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 350mg **15%**

Total Carbohydrate 30g **11%**

Dietary Fiber 4g **14%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 5g **10%**

Vitamin D 0mcg **0%**

Calcium 78mg **6%**

Iron 1.44mg **8%**

Potassium 0mg **0%**

Vitamin A **2%**

*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.