

Nutrition Facts

23 servings per container

Serving size

1/4 Cup (40g)

Amount Per Serving

Calories

160

% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 260mg **11%**

Total Carbohydrate 29g **11%**

Dietary Fiber 4g **14%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 6g **12%**

Vitamin D 0mcg **0%**

Calcium 78mg **6%**

Iron 1.08mg **6%**

Potassium 0mg **0%**

*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.