

Nutrition Facts

Serving Size 1 cup (226g)

Servings Per Container 4

Amount Per Serving

Calories 50 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 500mg 21%

Total Carbohydrate 10g 3%

Dietary Fiber 3g 12%

Sugars 6g

Proteins 1g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on
your calorie needs:

| | Calories: | 2,000 | 2,500 |
|--------------------|-----------|---------|---------|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |