

Nutrition Facts

About 6 servings per container

Serving size
1/2 cup (121g)

Calories
per serving

60

Amount/serving	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 440mg	19%

Vitamin D 0mcg 0% • Calcium 40mg 4% • Iron 1.5mg 8%
Potassium 480mg 10%

*The % Daily Value 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.

Amount/serving	% Daily Value*
Total Carbohydrate 10g	4%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 2g	