

# Nutrition Facts

About 6 servings per container

Serving size  
1/2 cup (121g)

Calories  
per serving

60

Amount/serving	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 410mg	18%

Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 1.1mg 6%  
Potassium 460mg 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 13g	5%
Dietary Fiber 2g	7%
Total Sugars 10g	
Includes 3g Added Sugars	6%
Protein 2g	