

# Nutrition Facts

About 6 servings per container

Serv. size

1/2 Cup (121g)

Calories per serving

**60**

Amount/serving	% DV*
<b>Total Fat</b> 1g	<b>1%</b>
Sat. Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholest.</b> 0mg	<b>0%</b>
<b>Sodium</b> 410mg	<b>18%</b>
Vit. D 0mcg	0%
Calcium 40mg	4%

Amount/serving	% DV*
<b>Total Carb.</b> 10g	<b>4%</b>
Fiber 2g	<b>7%</b>
Total Sugars 7g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Iron 1.4mg	8%
Potas. 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.