

Nutrition Facts

Serving Size : 1/3 Cup (121g)

Serving Per Container: 4

Amount Per Serving
Calories

210

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 1,040mg	46%
Total Carbohydrate 47g	18%
Dietary Fiber 3g	11%
Sugars 36g (Incl. 34g added sugars)	68%

Proteins 4g

Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1.5mg	9%
Potassium 170mg	4%

*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.