

Nutrition Facts

30 servings per container

Serving size 1 Cup (245g)

Amount Per Serving

Calories **250**

% Daily Value*

Total Fat 15g **19%**

Saturated Fat 6g **30%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 50mg **17%**

Sodium 1030mg **45%**

Total Carbohydrate 20g **7%**

Dietary Fiber 5g **18%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Sugar Alcohol 0g

Protein 9g **18%**

Vitamin D 0mcg 0%

Calcium 104mg 8%

Iron 1.8mg 10%

Potassium 0mg 0%

Vitamin A 15%

Vitamin C 20%

*The % Daily Value (DV) 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.