

# Nutrition Facts

29 servings per container

**Serving size** 1 Cup (245g)

Amount Per Serving

**Calories** **230**

% Daily Value\*

**Total Fat** 8g **10%**

Saturated Fat 3g **15%**

*Trans* Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

**Cholesterol** 40mg **13%**

**Sodium** 870mg **38%**

**Total Carbohydrate** 23g **8%**

Dietary Fiber 5g **18%**

Total Sugars 8g

Includes 0g Added Sugars **0%**

Sugar Alcohol 0g

**Protein** 16g **32%**

Vitamin D 0mcg 0%

Calcium 104mg 8%

Iron 2.7mg 15%

Potassium 0mg 0%

Vitamin A 15%

Vitamin C 15%

\*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.