

Nutritional Fact

	Per 1 tsp base (6g) makes 1 cup prepared	Daily Value (%)	Per 100 g
Calories	15 calories		260 calories
Calories from Fat	10 calories		144 calories
Total Fat	1 g	2	16 g
Saturated Fat	0 g	0	3.8 g
Trans Fat	0 g		0.1 g
Cholesterol	0 mg	0	32 mg
Sodium	540 mg	23	9070 mg
Carbohydrate	1 g	0	17 g
Dietary Fiber	0 g	0	0.1 g
Sugars	< 1 g		15 g
Protein	< 1 g		12 g
Vitamin A		0	15 IU
Vitamin C		0	0.2 mg
Calcium		0	17 mg
Iron		0	0.4 mg
Potassium			45 mg
Polyunsaturated Fat	0 g		4.8 g
Monounsaturated Fat	0 g		6 g

% daily values are based on a 2000 calorie diet

