

Nutrition Facts

Serving size (56g)

Amount Per Serving

Calories 370

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 40g 15%

Dietary Fiber 0g 0%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 9g 18%

Vitamin D 0mcg 0%

Calcium 15mg 2%

Iron 2mg 10%

Potassium 197mg 4%

Thiamin 35%

Riboflavin 15%

Niacin 2%

*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.