

Nutrition Facts

100 servings per container/raciones por envase

Serving Size/tamaño por racion 1oz **Drained (28g)**

Amount per serving/cantidad por racion

Calories/calorias

33

% Daily Value*

Total Fat/Grasa total	1 g	1 %
saturated fat/Grasa saturada	0 g	0 %
<i>Trans Fat</i>	0 g	
Cholesterol/colesterol	0 mg	0 %
Sodium/sodio	133 mg	5 %
Total carbohydrate	4 g	4 %
Dietary Fiber/fibra dietetica	2 g	2 %
Total Sugar/azucars	1 g	
Includes 1 g Added Sugars/azucars adicionados		1 %
Protein/proteina	2 g	
Vitamin D/vitamina D	0 mcg	0 %
Calcium/Calcio	0 mg	0 %
Iron/hierro	1 mg	2 %
Potassium/potasio	209 mg	6 %

*The % daily Value (DV) tell 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.