

Nutrition Facts

Serving size

Amount Per Serving

Calories

80

% Daily Value*

Total Fat 1g	1%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Sodium 480mg	21%
Total Carbohydrate 16g	6%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	6%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

*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.