

Nutrition Facts

Serving size

Amount Per Serving

Calories

100

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 590mg 26%

Total Carbohydrate 18g 7%

Dietary Fiber 2g 7%

Total Sugars 10g

Includes 0g Added Sugars 0%

Protein 4g 8%

Not a significant source of 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.