

Nutrition Facts

about 7 servings per container

Serving size 2 oz (56g)**Amount Per Serving****Calories** 190

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g**Cholesterol** 0mg 0%**Sodium** 0mg 0%**Total Carbohydrate** 39g 14%

Dietary Fiber 4g 14%

Total Sugars 2g

Includes 2g Added Sugars

Protein 10g

Vitamin D 0mcg 0%

Calcium 14mg 2%

Iron 2mg 10%

Potassium 245mg 6%

Thiamin 40%

Riboflavin 15%

Niacin 30%

*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.