

Nutrition Facts

about 11 servings per container

Serving size **3/4 cup (32g)****Amount Per Serving****Calories** **130****% Daily Value*****Total Fat** 2.5g **3%**Saturated Fat 0.5g **3%***Trans* Fat 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 1.5g

Cholesterol 0mg **0%****Sodium** 200mg **9%****Total Carbohydrate** 26g **9%**Dietary Fiber 1g **4%**

Total Sugars 8g

Includes 0g Added Sugars **0%****Protein** 2g **4%**Vitamin D 2mcg 10%Calcium 130mg 10%Iron 8.1mg 45%Potassium 329mg 8%Vitamin A 10%Vitamin C 10%Thiamin 25%Riboflavin 25%Niacin 25%Vitamin B6 25%Vitamin B12 25%Phosphorus 4%Magnesium 2%Zinc 25%

*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.