

Nutrition Facts

4.5 servings per container

Serving size 1/2 cup (57g)

Amount Per Serving

Calories **230**

% Daily Value*

Total Fat 9g **12%**Saturated Fat 3g **15%***Trans* Fat 0g**Cholesterol** 0mg **0%****Sodium** 20mg **1%****Total Carbohydrate** 32g **12%**Dietary Fiber 4g **14%**

Total Sugars 10g

Includes 8g Added Sugars **16%****Protein** 6g **12%**Vitamin D 0mcg **0%**Calcium 20mg **2%**Iron 2mg **10%**Potassium 120mg **2%**

*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.