

# Nutrition Facts

1 servings per container

**Serving size** 1 pouch (35g)

Amount Per Serving

**Calories** 130

% Daily Value\*

**Total Fat** 6g 8%

Saturated Fat 1g 5%

*Trans* Fat 0g**Cholesterol** 0mg 0%**Sodium** 25mg 1%**Total Carbohydrate** 16g 6%

Dietary Fiber 3g 12%

Total Sugars 7g

Includes 0g Added Sugars 0%

**Protein** 6g 8%

Vitamin D 0mcg 0%

Calcium 52mg 4%

Iron 2mg 8%

Potassium 0mg 0%

\*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.