

Nutrition Facts

4 servings per container

Serving size 1 cup (240 mL)

Amount Per Serving

Calories **45**

% Daily Value*

Total Fat 0.5g **1%**Saturated Fat 0g **0%***Trans* Fat 0g**Cholesterol** 10mg **3%****Sodium** 90mg **4%****Total Carbohydrate** 0g **0%**Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%****Protein** 9g **18%**Vitamin D 0mcg **0%**Calcium 0mg **0%**Iron 0mg **0%**Potassium 158mg **4%**

*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.