

Pacific Foods Original Hemp

Nutrition Facts

4 servings per container

Serving size 1 Cup (240ml)

Amount Per Serving

Calories **140**

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 1g **5%**

Trans Fat 0g

Polyunsaturated Fat 4g

Monounsaturated Fat 0.5g

Cholesterol 0mg **0%**

Sodium 130mg **6%**

Total Carbohydrate 19g **7%**

Dietary Fiber 0g **0%**

Total Sugars 12g

Includes 12g Added Sugars **24%**

Protein 4g **4%**

Vitamin D 2mcg **10%**

Calcium 263mg **20%**

Iron 2mg **10%**

Potassium 145mg **4%**

Magnesium 67mg **15%**

*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.