

Nutrition Facts

Serving Size: 1 1/4 cup (55g)

Servings Per Container: 7

Amount Per Serving

Calories 210 **Calories from Fat** 20

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 190mg **8%**

Potassium 180mg **5%**

Total Carb. 43g **14%**

Dietary Fiber 5g **19%**

Sugars 11g

Protein 6g **10%**

Vitamin A 0% • Vitamin C 100%

Calcium 4% • Iron 10%

Thiamin 25% • Riboflavin 20%

Niacin 25% • Vitamin B6 20%

Folate 20% • Vitamin B12 20%

*

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

| | | | |
|--------------------|-----------|---------|---------|
| | Calories: | 2,000 | 2,500 |
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |