

Pacific Foods Organic Soy
Unsweetened

Nutrition Facts

4 servings per container

Serving size 1 Cup (240ml)

Amount Per Serving

Calories **90**

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 5g **2%**

Dietary Fiber 1g **4%**

Total Sugars 2g

Includes 0g Added Sugars

Protein 9g **16%**

Vitamin D 0mcg **0%**

Calcium 3mg **2%**

Iron 2mg **10%**

Potassium 430mg **10%**

*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.