

Nutrition Facts

18 servings per container

Serving size (28g) dry mix

Amount Per Serving

Calories**90**

% Daily Value*

Total Fat 0.5g **1%**Saturated Fat 0g **0%***Trans* Fat 0g**Cholesterol** 25mg **8%****Sodium** 260mg **11%****Total Carbohydrate** 18g **7%**Dietary Fiber 5g **18%**

Total Sugars 5g

Includes 3g Added Sugars **6%****Protein** 3g **6%**Vitamin D 0mcg **0%**Calcium 31mg **2%**Iron 0mg **0%**Potassium 72mg **2%**

*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.