

# Nutrition Facts

4.5 servings per container

**Serving size** **2 oz (56g)**

Amount Per Serving

**Calories** **190**

% Daily Value\*

**Total Fat** 3.5g **4%**Saturated Fat 0.5g **3%***Trans* Fat 0g**Cholesterol** 0mg **0%****Sodium** 0mg **0%****Total Carbohydrate** 34g **12%**Dietary Fiber 8g **29%**

Total Sugars 2g

Includes 0g Added Sugars **0%****Protein** 11g **22%**Vitamin D 0mcg **0%**Calcium 29mg **2%**Iron 3mg **15%**Potassium 622mg **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.