

# Nutrition Facts

4.5 servings per container

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

Amount Per Serving

**Calories** 180

% Daily Value\*

**Total Fat** 1.5g 2%

Saturated Fat 0g 0%

*Trans* Fat 0g**Cholesterol** 0mg 0%**Sodium** 0mg 0%**Total Carbohydrate** 34g 12%

Dietary Fiber 6g 21%

Total Sugars 1g

Includes 0g Added Sugars 0%

**Protein** 13g 26%

Vitamin D 0mcg 0%

Calcium 17mg 2%

Iron 3mg 15%

Potassium 518mg 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.