

**Serving size: 2.5 oz dry mix About 1 cup prepared**

Amount per serving

**Calories****260**

As Packaged

**Food component /  
Nutrient****Amount**

As Packaged

**% DV\***

As Packaged

**Total Fat**

3.5g

4%

Saturated Fat

1.5g

6%

Trans Fat

0g

—

**Cholesterol**

0mg

0%

**Sodium**

570mg

25%

**Total Carbohydrate**

51g

18%

Dietary Fiber

3g

12%

Total Sugars

1g

—

**Incl. Added  
Sugars**

0g

0%

**Protein**

7g

—

**Vitamin D**

0mcg

0%

**Calcium**

30mg

2%

**Iron**

1mg

6%

**Potassium**

140mg

4%

**Thiamin**

0.06mg

4%

\* 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.