

Nutrition Facts

Serving Size 3/4 cup (30g)

Servings Per Container 11

Amount Per Serving**Calories** 120

Calories from Fat 25

% Daily Value***Total Fat** 2.5g **4%**Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%****Potassium** 40mg **1%****Sodium** 190mg **8%****Total Carbohydrate** 24g **8%**Dietary Fiber 1g **4%**

Sugars 6g

Protein 1g **2%**

Vitamin A 10% • Vitamin C 10%

Calcium 10% • Iron 50%

Vitamin D 10% • Thiamin 25%

Riboflavin 25% • Niacin 25%

Vitamin B6 25% • Vitamin B12 25%

Phosphorus 4% • Magnesium 2%

Zinc 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g