

Nutrition Facts

1 servings per container

Serving size (56g)**Amount Per Serving****Calories** **150**

% Daily Value*

Total Fat 1g **1%**Saturated Fat 0g **0%***Trans* Fat 0g**Cholesterol** 0mg **0%****Sodium** 460mg **20%****Total Carbohydrate** 34g **12%**Dietary Fiber 1g **4%**

Total Sugars 1g

Includes 1g Added Sugars **2%****Protein** 1g **2%**Vitamin D 0mcg **0%**Calcium 0mg **0%**Iron 2mg **10%**Potassium 61mg **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.