

Nutrition Facts

2 servings per container

Serving size

1 cup

Amount Per Serving

Calories

180

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0.35g **2%**

Trans Fat 0.004g

Cholesterol < 5mg **1%**

Sodium 70mg **3%**

Total Carbohydrate 34g **12%**

Dietary Fiber 3g **11%**

Total Sugars 24g

Includes 0g Added Sugars **0%**

Protein 8g **16%**

Vitamin D 1.44mcg **8%**

Calcium 177mg **15%**

Iron 0.85mg **4%**

Potassium 640mg **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.