

Nutrition Facts

Serving size

1/4 cup (40g)

Amount per serving

Calories

140

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0g **0%**

Sodium 620g **27%**

Total Carbohydrate 28g **10%**

Dietary Fiber 3g **11%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 5g

Vitamin D 1mcg **6%**

Calcium 64mg **4%**

Iron 1mg **6%**

Potassium 195mg **4%**

*The % Daily Value 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.