

# Nutrition Facts

Serving size

1 container (51g)

Amount per serving

**Calories**

**210**

% Daily Value\*

**Total Fat** 5g **6%**

Saturated Fat 1g 5%

*Trans* Fat 0g

**Cholesterol** 0g **0%**

**Sodium** 160g **7%**

**Total Carbohydrate** 33g **11%**

Dietary Fiber 7g 25%

Total Sugars 1g

Includes 0g Added Sugars 0%

**Protein** 7g

Vitamin D 0mcg 0%

Calcium 32mg 2%

Iron 2mg 10%

Potassium 212mg 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.