

# Nutrition Facts

About 17 servings per container

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** 320g **14%**

**Total Carbohydrate** 32g **12%**

Dietary Fiber 1g **4%**

Total Sugars 5g

Includes 5g Added Sugars **10%**

**Protein** 2g

Vitamin D 0mcg **0%**

Calcium 174mg **15%**

Iron 0mg **0%**

Potassium 52mg **2%**

\*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.