

Nutrition Facts (Unprepared)

Serving Size **43 g**

Amount Per Serving

Calories **210**

	% Daily Value*
Total Fat 15 g	22%
Saturated Fat 4.5 g	22%
Trans Fat 0 g	
Cholesterol 15 mg	5%
Sodium 110 mg	5%
Total Carbohydrate 19 g	6%
Dietary Fiber 1 g	6%
Sugar 9 g	
Protein 3 g	
Calcium	2%
Iron	6%
Vitamin A	6%
Vitamin C	0%

* 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.