

Nutrition Facts

24 servings per container

Serving size

(68g)

Amount Per Serving

Calories

190

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 350mg **15%**

Total Carbohydrate 35g **13%**

Dietary Fiber 5g **18%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 4g **8%**

Not a significant source of vitamin D, calcium, iron, and potassium

*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.