

# Nutrition Facts

1 serving per container

**Serving size** 1 serving (162g)

Amount per serving

**Calories** 210

% Daily Value\*

**Total Fat** 2g 3%

Saturated Fat 0g 2%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 35mg 2%

**Total Carbohydrate** 38g 14%

Dietary Fiber 10g 35%

Total Sugars 4g

Includes 0g Added Sugars 0%

**Protein** 13g

Vitamin D 0mcg (0 IU) 0%

Calcium 80mg 6%

Iron 4mg 20%

Potassium 790mg 15%

\* 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.