

Serving size: 2.5 oz dry mix About 1 cup prepared

Amount per serving

Calories**260**

As Packaged

**Food component /
Nutrient****Amount**

As Packaged

% DV*

As Packaged

Total Fat

3.5g

4%

Saturated Fat

1.5g

6%

Trans Fat

0g

—

Cholesterol

0mg

0%

Sodium

570mg

25%

Total Carbohydrate

51g

18%

Dietary Fiber

3g

12%

Total Sugars

1g

—

**Incl. Added
Sugars**

0g

0%

Protein

7g

—

Vitamin D

0mcg

0%

Calcium

30mg

2%

Iron

1mg

6%

Potassium

140mg

4%

Thiamin

0.06mg

4%

* 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.