

Nutrition Facts

about 8 servings per container

Serving size 1 cup (40g)**Amount Per Serving****Calories** 170

% Daily Value*

Total Fat 4g	5%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2.5g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 33g	12%
Dietary Fiber 2g	7%
Total Sugars 8g	
Includes 8g Added Sugars	16%
Protein 2g	
Vitamin D 2mcg	10%
Calcium 130mg	10%
Iron 10.8mg	60%
Potassium 0mg	0%
Vitamin A	10%
Vitamin C	10%
Thiamin	20%
Riboflavin	10%
Niacin	10%
Vitamin B6	20%
Folate	20%
Vitamin B12	20%
Phosphorus	4%
Magnesium	4%
Zinc	20%

*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.