

Nutrition Facts

4.5 servings per container

Serving size 1/2 cup (57g)

Amount Per Serving

Calories **250**

% Daily Value*

Total Fat 9g **12%**Saturated Fat 3.5g **18%***Trans* Fat 0g**Cholesterol** 0mg **0%****Sodium** 25mg **1%****Total Carbohydrate** 38g **14%**Dietary Fiber 5g **18%**

Total Sugars 13g

Includes 9g Added Sugars **18%****Protein** 7g **14%**Vitamin D 0mcg **0%**Calcium 30mg **2%**Iron 3.1mg **15%**Potassium 170mg **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.