

# Nutrition Facts

Serving Size 1 Package (28g)

Amount Per Serving

**Calories** 70      **Calories from Fat** 10

**% Daily Value\***

**Total Fat** 1g      **2%**

Saturated Fat 0g      **0%**

*Trans* Fat 0g

**Cholesterol** 25mg      **8%**

**Sodium** 290mg      **13%**

**Total Carbohydrate** 7g      **2%**

Dietary Fiber 0g      **0%**

Sugars 7g

**Protein** 12g      **24%**

Vitamin A 0%      •      Vitamin C 1%

Calcium 1%      •      Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet.