

# Nutrition Facts

Serv. Size 8 oz (227g)

Serv. Per Cont. 4

**Calories** 180

Fat Cal. 20

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

Amount/serving	%DV*	Amount/serving	%DV*
<b>Total Fat</b> 2.5g	<b>4%</b>	<b>Total Carb.</b> 30g	<b>10%</b>
Sat. Fat 0g	<b>0%</b>	Fiber 14g	<b>55%</b>
<i>Trans</i> Fat 0g		Sugars 3g	
<b>Cholest.</b> 0mg	<b>0%</b>	<b>Protein</b> 11g	
<b>Sodium</b> 510mg	<b>21%</b>		
Vitamin A 70%	•	Vitamin C 20%	•
		Calcium 6%	•
		Iron 20%	