

Nutrition Facts

137 servings per container

Serving size 1/3 cup (33g)

Amount Per Serving

Calories **140**

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 2g **10%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 1g

Cholesterol 0mg **0%**

Sodium 190mg **8%**

Total Carbohydrate 26g **9%**

Dietary Fiber 2g **7%**

Total Sugars 8g

Includes 8g Added Sugars **16%**

Protein 2g **4%**

Vitamin D 0mcg **0%**

Calcium 6mg **0%**

Iron 1mg **6%**

Potassium 63mg **2%**

*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.