

# Nutrition Facts

Serving Size (345g)

Servings Per Container 1

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## Amount Per Serving

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**Calories** 216

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**% Daily Value\***

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**Total Fat** 0.5g **1%**

Saturated Fat 0.1g **1%**

Trans Fat 0g

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**Cholesterol** 0mg **0%**

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**Sodium** 5mg **0%**

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**Total Carbohydrate** 41.2g **14%**

Dietary Fiber 5.7g **23%**

Sugars 15.9g

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**Protein** 8g **16%**

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