

Nutrition Facts

8 servings per container

Serving size 1/4 cup (28g)

Amount Per Serving

Calories 150

% Daily Value*

Total Fat 13g 17%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 45mg 2%

Total Carbohydrate 7g 3%

Dietary Fiber 2g 7%

Total Sugars 3g

Includes 1g Added Sugars 2%

Protein 5g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 2mg 10%

Potassium 60mg 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.