

# Nutrition Facts

servings per container

**Serving size** (100g)

Amount per serving

**Calories** **140**

% Daily Value\*

**Total Fat** 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

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

**Sodium** 250mg **11%**

**Total Carbohydrate** 22g **8%**

Dietary Fiber 1g **4%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

**Protein** 9g

Vitamin D 0mcg 0%

Calcium 21mg 2%

Iron 1mg 6%

Potassium 133mg 2%

\*The % Daily Value 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.