

Nutrition Facts

about 8 servings per container

Serving size

1/2 cup (55g)

Amount per serving

Calories

250

% Daily Value*

Total Fat 11g

14%

Saturated Fat 2.5g

13%

Trans Fat 0g

Cholesterol 0mg

0%

Sodium 65mg

3%

Total Carbohydrate 35g

13%

Dietary Fiber 4g

14%

Total Sugars 15g

Includes 14g Added Sugars

28%

Protein 5g

Vitamin D 0mcg

†

Calcium 39mg

4%

Iron 2mg

10%

Potassium 179mg

4%

*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.

† Contains less than 2 percent of the Daily Value of this (these) nutrient (nutrients).