

Nutrition Facts

Serving Size: 1/2 Cup (125g)

Serving Per Container: 6

Amount Per Serving

Calories 55 **Calories from Fat** 13

% Daily Value *

Total Fat 1.5g **2%**

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 180mg **8%**

Total Carbohydrate 10g **4%**

Dietary Fiber 3g **10%**

Sugars 2g

Protein 2g

Vitamin A 25% • Calcium 5%

Vitamin C 25% • Iron 8%

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