

# Nutrition Facts

Serving Size ½ cup (125 grams)

Servings Per Container 23

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## Amount Per Serving

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**Calories 30**

**Calories From Fat 0**

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**% Daily Value\***

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**Total Fat 0g** 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol 0mg** 0%

**Sodium 125mg** 6%

**Total Carbohydrates 5g** 2%

Dietary Fiber 2g 8%

Sugars 4g

**Protein 3g**

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Vitamin A 6% • Vitamin C 20%

Calcium 4% • Iron 2%

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\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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Calories per gram:

Fat.....9 • Carbohydrate.....4 • Protein.....4