

Nutrition Facts

Serving Size ½ cup (130 grams)

Servings Per Container 24

Amount Per Serving

Calories 80

Calories From Fat 25

% Daily Value*

Total Fat 3.0g 4%

Saturated Fat 0.5g 2%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 690 mg 30%

Total Carbohydrates 11g 4%

Dietary Fiber 4g 15%

Sugars 8g

Protein 3g

Vitamin A 25% • Vitamin C 10%

Calcium 4% • Iron 8%

* 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

Calories per gram:

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