

Nutrition Facts

Serving Size 1/2 Cup w/liquid (130 g)

Servings Per Container about 23

Amounts Per Serving

Calories 20

Calories from Fat 0

% Daily Value*

Total Fat 0 g **0%**

Saturated Fat 0 g **0%**

Transfat 0 g

Cholesterol 0 mg **0%**

Sodium 280 mg **12%**

Total Carbohydrate 2 g **1%**

Dietary Fiber 2 g **8%**

Sugars 0 g

Protein 2 g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

* 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