

Nutrition Facts

About 36 servings per container

Serving size 1 Cup (127g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 590mg 26%

Total Carbohydrate 41g 15%

Dietary Fiber 3g 11%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 10g

Vitamin D 0mcg 0%

Calcium 97mg 8%

Iron 1mg 6%

Potassium 142mg 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.