

Nutrition Facts

Serving size

Amount Per Serving

Calories

290

% Daily Value*

Total Fat 1.5g

Saturated Fat 0g

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 0g

Cholesterol 0mg

Sodium 700mg

Total Carbohydrate 62g

Dietary Fiber 2g

Total Sugars 7g

Includes 6g Added Sugars

Protein 10g

Vitamin D 0.1mcg

Calcium 40mg

Iron 1.8mg

Potassium 130mg

*The % Daily Value (DV) 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.