

# Nutrition Facts

Serving size

Amount Per Serving

**Calories**

**140**

% Daily Value\*

**Total Fat** 0g

Saturated Fat 0g

*Trans* Fat 0g

**Cholesterol** 0mg

**Sodium** 300mg

**Total Carbohydrate** 30g

Dietary Fiber 1g

Total Sugars 3g

Includes 3g Added Sugars

**Protein** 5g

Vitamin D 0mcg

Calcium 13mg

Iron 2mg

Potassium 44mg

\*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.