

Nutrition Facts

about 60 servings per container

Serving size **1 sheet (83g)**

Amount per serving

Calories **290**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 62g **23%**

Dietary Fiber 5g **18%**

Soluble Fiber 3g

Insoluble Fiber 2g

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 11g

Vitamin D 0mcg 0%

Calcium 18mg 2%

Iron 2mg 10%

Potassium 174mg 4%

Thiamin 0.7mg 60%

Riboflavin 0.3mg 25%

Niacin 8mg 50%

Folate 295mcg DFE 70%
(166mcg folic acid)

*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.