

Nutrition Facts

Serving size

3 Tbsp mix (24g)

Amount per serving

Calories

90

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0g **0%**

Sodium 220g **10%**

Total Carbohydrate 18g **7%**

Dietary Fiber 1g 4%

Total Sugars 2g

Includes 2g Added Sugars 4%

Protein 3g

Vitamin D 0mcg 0%

Calcium 17mg 2%

Iron 1mg 6%

Potassium 33mg 0%

*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.