

Nutrition Facts

Serving size 1/2 cup (122g)

About 21 servings per container

Amount per serving

Calories

40

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 9g **3%**

Dietary Fiber <5g **20%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 2g

Vitamin D 0mcg 0%

Calcium 26mg 2%

Iron 0.7mg 4%

Potassium 115mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories diet a day is used for general nutrition advice.

INGREDIENTS: PUMPKIN