

Nutrition Facts

About 4 servings per container

Serving size $\frac{1}{2}$ cup (120g)

Amount per serving

Calories 110

% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol less than 5mg **1%**

Sodium 440mg **19%**

Total Carbohydrate 14g **5%**

Dietary Fiber 5g **12%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 5g

Vit. D 0mcg 0% • Calcium 40mg 4%

Iron 1.2mg 6% • Potas. 310mg 6%

*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.