

Nutrition Facts

10 servings per container

Serving size **1/4 cup or 2 oz.**
(65g)

Amount per serving

Calories **180**

% Daily Value*

Total Fat 10g 13%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 170mg 7%

Total Carbohydrate 16g 6%

Dietary Fiber 2g 7%

Total Sugars 8g

Includes 2g Added Sugars 4%

Protein 10g

Vitamin D 0mcg 0%

Calcium 45mg 4%

Iron 1mg 6%

Potassium 237mg 6%

*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.