

Nutrition Facts

Serving Size 3/4 cup (31g)

Servings Per Container about 11

Amount Per Serving

Calories 130 Calories from Fat 25

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 210mg **9%**

Potassium 70mg **2%**

Total Carbohydrate 24g **8%**

Dietary Fiber 2g **8%**

Sugars 9g

Protein 2g

Vitamin A 70% • Vitamin C 45%

Calcium 15% • Iron 35%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4