

# Nutrition Facts

1 serving per container

Serving size

8 oz (227g)

Amount per serving

**Calories**

**70**

% Daily Value\*

**Total Fat** 0.5g **1%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 5mg **1%**

**Total Carbohydrate** 14g **5%**

Dietary Fiber 2g **7%**

Total Sugars 9g

Includes 0g Added Sugars **0%**

**Protein** 2g

Vitamin D 0mcg **0%**

Calcium 40mg **3%**

Iron 2.5mg **14%**

Potassium 550mg **12%**

\* 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.

