

Nutrition Facts

Serving Size

1 cup (37g)

Calories

As Packaged

140

% Daily Value *

Total Fat	2g	3%
Saturated Fat	0g	0%
Trans Fat	0g	
Polyunsaturated Fat	0.5g	
Monounsaturated Fat	0.5g	
Cholesterol	0mg	0%
Sodium	210mg	9%
Potassium	150mg	4%
Total Carbohydrate	30g	11%
Dietary Fiber	3g	10%
Soluble Fiber	<1g	
Total Sugars	12g	
Incl. Added Sugars	12g	24%
Protein	3g	
Vitamin D	2mcg	10%
Calcium	130mg	10%
Iron	3.6mg	20%

*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.