

Nutrition Facts

Serving Size 1/2 cup (125 grams)

Servings Per Container about 6

Amount Per Serving

Calories 80 **Calories from Fat** 21

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0 **0%**

Trans Fat 0

Cholesterol 0 **0%**

Sodium 330mg **14%**

Total Carbohydrate 14g **5%**

Dietary Fiber 3g **12%**

Sugars 6g

Protein 4g

Vitamin A 9% • Vitamin C 18%

Calcium 0% • Iron 6%

* 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
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 * Carbohydrate 4 * Protein 4