

Nutrition Facts

Serving Size 1/2 cup (125 grams)

Servings Per Container about 6

Amount Per Serving

Calories 81 **Calories from Fat** 23

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 313mg **12%**

Total Carbohydrate 11g **4%**

Dietary Fiber 3g **12%**

Sugars 7g

Protein 3g

Vitamin A 75% • Vitamin C 5%

Calcium 1% • Iron 2%

* 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