

Nutrition Facts

2.8 servings per container

Serving size 2 cups (100g)

Amount per serving

Calories

90

% Daily Value*

Total Fat 6.5g 8%

Saturated Fat 1.2g 6%

Trans Fat 0g

Cholesterol 0.8mg 0%

Sodium 265.2mg 12%

Total Carbohydrate 6.9g 2%

Dietary Fiber 2.2g 8%

Total Sugars 0.5g

Includes 0.2g Added Sugars 0%

Protein 1.1g

Vitamin D 0mcg 0%

Calcium 35.8mg 3%

Iron 0.6mg 3%

Potassium 179.8mg 5%

* 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.