Nutrition Facts 8 servings per container Serving size 2/3 cup (55g) Amount per serving Calories 230 % Daily Value*

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sug	gars 20 %
Protein 3g	

Vitamin D 2mcg 10% Vitamin K 100mcg 83% Calcium 260mg 20% Iron 8mg 44% Potassium 240mg 5%

Nutrition Facts 8 servings per container Serving size 2/3 cup (55g) Amount per serving **Calories** % Daily Value* Total Fat 8g Saturated Fat 1g **5**% Trans Fat 0g 0% Cholesterol 0mg Sodium 160mg 7% Total Carbohydrate 37g 13% Dietary Fiber 4g 14% Total Sugars 12g Includes 10g Added Sugars 20% Protein 3g

Nutrition Fa	acts
8 servings per container Serving size 2/3	cup (55g
Amount per serving Calories	230
% [Daily Value
Total Fat 8g	109
Saturated Fat 1g	59
Trans Fat 0g	
Cholesterol 0mg	09
Sodium 160mg	79
Total Carbohydrate 37g	139
Dietary Fiber 4g	149
Total Sugars 12g	
Includes 10g Added Sugars	209
Protein 3g	
Vitamin D 2mcg	109
Calcium 260mg	209
Iron 8mg	449
Potassium 240mg	59
* The % Daily Value (DV) tells you how nutrient in a serving of food contribute diet. 2,000 calories a day is used for g	s to a daily

^{*} 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.