

# NutriCheck Report

Product: erving Sie | Date: 2026-02-15 13:50:13

Nutrition Facts			
2 servings per container			
Serving size		1 cup (255g)	
Calories	Per serving	Per container	
	220	440	
	% DV*	% DV*	
Total Fat	5g	6%	10g 13%
Saturated Fat	2g	10%	4g 20%
Trans Fat	0g		0g
Cholesterol	15mg	5%	30mg 10%
Sodium	240mg	10%	480mg 21%
Total Carb.	35g	13%	70g 25%
Dietary Fiber	6g	21%	12g 43%
Total Sugars	7g		14g
Incl. Added Sugars	4g	8%	8g 16%
Protein	0g		10g
Vitamin D	5mcg	25%	10mcg 50%
Calcium	200mg	15%	400mg 30%
Iron	1mg	6%	2mg 10%
Potassium	470mg	10%	940mg 20%
* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. A 2,000 calorie diet is used for general nutrition advice.			

SOURCE: FOR

abc NEWS

## Health Score

98 / 100  
Healthy Choice

## Nutritional Information

Nutrient	Value	Unit
Calories	220.0	kcal
Sugar	None	g
Fat	None	g
Sodium	None	mg
Protein	None	g
Fiber	None	g

## Analysis Explanation

Nutrient levels are within acceptable ranges.

## Dietary Recommendation

This product has a balanced nutritional profile and can be part of a healthy diet. Low in protein — pair with protein-rich foods. Low in fiber — consider adding whole grains, fruits, or vegetables.

