

# NutriCheck Report

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

Nutrition Facts			
2 servings per container		1 cup (255g)	
Serving size	Per serving	Per container	% DV*
<b>Calories</b>	<b>220</b>	<b>440</b>	
Total Fat	5g	10g	6% 13%
Saturated Fat	2g	4g	10% 20%
Trans Fat	0g	0g	
Cholesterol	15mg	30mg	5% 10%
Sodium	240mg	480mg	10% 21%
Total Carb.	35g	70g	13% 25%
Dietary Fiber	8g	12g	21% 43%
Total Sugars	7g	14g	
Incl. Added Sugars	4g	8g	8% 16%
Protein	9g	18g	
Vitamin D	5mcg	10mcg	25% 50%
Calcium	200mg	400mg	10% 30%
Iron	1mg	2mg	6% 10%
Potassium	470mg	940mg	10% 20%

SOURCE: FOR

abc NEWS

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.

