

8 servings per container

Calories 230

Total Fat 8g **10%**

Saturated Fat 1g	5%
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Trans Fat 0g

Cholesterol	0mg	0%
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Sodium 160mg **7%**

Total Carbohydrate	37g	13%
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Dietary Fiber 4g

Total Sugars 12g

Includes 10g Added Sugars **20%**

Protein	3g
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Vitamin D 2mcg	10%
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Calcium 260mg	20%
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Iron 8mg	45%
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Potassium 235mg	6%
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* 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.