

# Nutrition Facts

4 servings per container

**Serving size 1 1/2 cup (208g)**

Amount per serving

**Calories**

**240**

**% Daily Value\***

**Total Fat** 4g **5%**

Saturated Fat 1.5g **8%**

*Trans* Fat 0g

**Cholesterol** 5mg **2%**

**Sodium** 430mg **19%**

**Total Carbohydrate** 46g **17%**

Dietary Fiber 7g **25%**

Total Sugars 4g

Includes 2g Added Sugars **4%**

**Protein** 11g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 6mg 35%

Potassium 240mg 6%

\* 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.