

# Nutrition Facts

Serving Size 1/2 cup (114g)

Servings Per Container 4

## Amount Per Serving

**Calories** 90

Calories from Fat 30

% Daily Value\*

**Total Fat** 3g

**5%**

Saturated Fat 0g

**0%**

*Trans* Fat 0g

**0%**

**Cholesterol** 0mg

**0%**

**Sodium** 300mg

**13%**

**Total Carbohydrate** 13g

**4%**

Dietary Fiber 3g

**12%**

Sugars 3g

**Protein** 3g

Vitamin A 80%

Vitamin C 60%

Calcium 4%

Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories 2,000 2,500

Total Fat Less than 65g 80g

