

## Nutrition Facts

Serving Size: 1/2 Cup (133g)

Servings Per Container: About 7

### Amount Per Serving

**Calories** 110

Calories from Fat 10

**% Daily Value\***

**Total Fat** 1g **2%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 330mg **14%**

**Total Carbohydrate** 23g **8%**

**Dietary Fiber 4g 16%**

Sugars 10g

**Protein 4g**

Vitamin A 25% • Vitamin C 15%

Calcium 6% • Iron 10%

\* Percent Daily Values are based on a 2,000 calorie diet.