

Nutrition Facts

Serving size 1/2 cup (110 g)

Serving Per Container 4

Amount Per Serving

Calories 50

Calories from Fat 10

%Daily Value

Total Fat 1 g 2%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 0 mg 0%

Total Carbohydrate 6 g 2%

Dietary Fibre 1 g 4%

Sugar 0 g

Protein 8 g

Vitamin A 480% Vitamin C 160% Calcium 30% Iron 2%

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