

# Nutrition Facts

Serving Size 1 cup(100g)

Servings Per Container: 4

Amount per Serving

Calories 14	Calories from Fat
	% Daily Value *
Total Fat 0.28g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 27.8 mg	0.5%
Total Carbohydrate 2.8g	0.5%
Dietary Fiber 1.4g	4%
Sugar 0.8g	
Protein 22.2g	
Vitamin A 85%	Vitamin C 5%
Calcium 2%	Iron 2%

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