

Nutrition Facts

Serving Size 1/2 cup (130g)

Servings per Container: 14

Calories 470

Calories from Fat 50

Amount/serving

% Daily Value*

Total Fat 6g 9%

Saturated Fat 1.5g 7%

Trans Fat 0g 0%

Cholesterol 0mg 0%

Sodium 50mg 2%

Total Carbohydrate 103g 34%

Dietary Fiber 4g 14%

Sugar 1g

Protein 4mg

Vitamin A 0% • **Vitamin C 25%**

Calcium 4% • **Iron 8%**

* 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

Sat. Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g