

Nutrition Facts

Serving Size 1/2 cup (130g)

Servings per Container: 7

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