

Nutrition Facts

Serving Size 1/2 cup (130 g)

Servings Per Container: 17

Amount Per Serving

Calories 470 Calories from Fat 12

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 98g **33%**

Dietary Fiber 6g **23%**

Sugars 13g

Protein 4mg

Vitamin A 0% • Vitamin C 25%

Calcium 0% • Iron 10%

*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 |