

Nutrition Label

Serving Size 1 cup (228g)

Serving Per Container 2

Amount Per Serving

Calories 250 Calories from fat 110

% Daily Value 110*

Total Fat 12g 18%

Saturated Fat 3g 15%

Trans Fat 1.5g

Cholesterol 30mg 10%

Sodium 470mg 20%

Total Carbohydrates 31g 10%

Dietary Fiber 0g 0%

Sugars 5g 0%

Protein 5g 0%

Vitamin A 4%

Vitamin C 2%

Calcium 20%

Iron

4%