

Nutrition Facts

Serving Size 1 cup (228g)
Serving Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

%Daily Value*

Total Fat 12g **18%**

Saturated Fat 3g **15%**

Trans Fat 1.5g

Cholesterol 30mg **10%**

Sodium 470mg **20%**

Total Carbohydrate 31g **10%**

Dietary Fiber 0g **0%**

Sugars 5g

Protein 5g

Vitamin A 4%

Vitamin C 2%

Calcium 20%

Iron 4%