

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%