

# 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%