

Morgan Prochaska

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% |
| <i>Trans</i> Fat 1.5g | |
| Cholesterol 30mg | 10% |
| Sodium 470mg | 20% |
| <hr/> | |
| Total Carbohydrate 31g | 10% |
| Dietary Fiber 0g | 0% |
| Sugars 5g | |
| <hr/> | |
| Protein 5g | |
| <hr/> | |
| Vitamin A | 4% |
| Vitamin C | 2% |
| Calcium | 20% |
| Iron | 4% |