

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 Fibers 0g 0%

Sugars 5g

Protein 5g

Vitamin A 4%

Vitamin C 2%

Calcium 20%

Iron 4%