

# Nutrition Facts

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

Amount per Serving  
Calories 250 Calories from Fat 110

	%Daily Value*
<b>Total Fat</b> 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 40mg	20%
<b>Total Carbohydrate</b> 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%