

Nutrition Facts

Serving Size 1/2 Cup (75g)

Amount Per Serving

Calories 250 **Calories from Fat** 5

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 510mg 21%

Total Carbohydrate 47g 16%

Dietary Fiber 17g 68%

Sugars 11g

Protein 15g

Vitamin A 10% • **Vitamin C** 4%

Calcium 15% • **Iron** 40%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4