

Nutrition Facts

4 servings per container

Serving size 2 ounces (56g)

Amount per serving

Calories

210

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 46g **17%**

Dietary Fiber 3g **12%**

Total Sugars 0g

Includes 0g of Added Sugars **0%**

Protein 5g

Vitamin D 0mcg **0%**

Calcium 4mg **0%**

Iron 1mg **4%**

Potassium 77mg **0%**

* The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4