

Nutrition Facts

Serving size: 1 cup (240 ml)

Servings per container: 5

Amount per serving

Calories 100

Calories from fat 5

% Daily Value*

Total fat .5 g 1%

Saturated fat 0 g 0%

Trans fat 0 g

Cholesterol 0 mg 0%

Sodium 580 mg 24%

Total carbohydrate 22 g 7%

Dietary fiber 1 g 4%

Sugars <1 g

Protein 3 g 6%

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 6%

* 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	65 g	80 g
Saturated fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4