



Nutrition Facts

Serving Size 1 Cup (48g)

Serving Per Container 1

Amount Per Serving

Calories 180 Calories from Fat 25

	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 0.5g	2%
Trans Fat 0g	
Cholesterol <0mg	0%
Sodium 290mg	12%
Potassium 200mg	6%
Total Carbohydrate 36g	12%
Dietary Fiber 3g	13%
Sugars 14g	
Protein 4g	

Vitamin A 15%	Vitamin C 0%	Riboflavin 20%
Calcium 8%		Iron 15%
Thiamin 15%	Copper 15%	Phosphorus 10%
Niacin 20%	Magnesium 6%	Folic Acid 15%
		Vitamin B6 25%

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

		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
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 . Carbohydrate 4 . Protein 4