

# Nutrition Facts

Serving Size: 1 cup (240ml)

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**Amount Per Serving**

**Calories 130**                      **Calories from Fat 45**

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	% Daily Values*
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 3g	<b>15%</b>
<b>Cholesterol 20mg</b>	<b>7%</b>
<b>Sodium 130mg</b>	<b>5%</b>
<b>Potassium 400mg</b>	
<b>Total Carbohydrate 12g</b>	<b>4%</b>
Dietary Fiber -	
Sugars 12g	
<b>Protein 8g</b>	
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<b>Vitamin A 10%</b>	<b>Vitamin C 4%</b>
<b>Calcium 30%</b>	<b>Iron -</b>

\*Percent Daily Values are based on a 2000 calorie diet.  
Your daily values may be higher or lower depending on your calorie needs.

