

Nutrition Facts

1 servings per container

Serving size 1 package (35g)

Amount Per Serving

Calories 170

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g**Cholesterol** 0mg 0%**Sodium** 20mg 1%**Total Carbohydrate** 22g 8%

Dietary Fiber 2g 7%

Total Sugars 1g

Includes 1g Added Sugars 2%

Protein 4g 8%

Vitamin D 0mcg 0%

Calcium 13mg 0%

Iron 1mg 6%

Potassium 116mg 2%

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