

Nutrition Facts

Serving Size 172 g

Amount Per Serving

Calories 200 **Calories from Fat** 8

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 1%

Trans Fat

Cholesterol 0mg 0%

Sodium 7mg 0%

Total Carbohydrate 36g 12%

Dietary Fiber 11g 45%

Sugars 6g

Protein 13g

Vitamin A 1% • Vitamin C 1%

Calcium 4% • Iron 24%

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