

# Nutrition Facts

Serving Size 172 g

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## Amount Per Serving

**Calories** 200 **Calories from Fat** 8

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**% Daily Value\***

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**Total Fat** 1g 1%

Saturated Fat 0g 1%

Trans Fat

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**Cholesterol** 0mg 0%

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**Sodium** 7mg 0%

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**Total Carbohydrate** 36g 12%

Dietary Fiber 11g 45%

Sugars 6g

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**Protein** 13g

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Vitamin A 1% • Vitamin C 1%

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Calcium 4% • Iron 24%

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