

# Nutrition Facts

15 servings per container

**Serving size** 1 (45g)

**Amount Per Serving**

**Calories** 150

**% Daily Value\***

**Total Fat** 1g 1%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** < 5mg 1%

**Sodium** 450mg 20%

**Total Carbohydrate** 29g 11%

Dietary Fiber 5g 18%

Total Sugars 4g

Includes 0g Added Sugars 0%

**Protein** 5g 10%

Vitamin D 0mcg 0%

Calcium 91mg 8%

Iron 0mg 0%

Potassium 235mg 4%

\*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.