

Nutrition Facts

1 servings per container

Serving size 1 Pouch (50g)

Amount Per Serving

Calories 195

% Daily Values*

Total Fat 5g 6%

Saturated Fat 1g 5%

Trans Fat 0g

Polyunsaturated Fat 2g

Monounsaturated Fat 1g

Cholesterol 0mg 0%

Sodium 345mg 15%

Total Carbohydrate 28g 10%

Dietary Fiber 8g 29%

Total Sugars 8g

Includes 0g Added Sugars 0%

Protein 12g 24%

Vitamin D 0mcg 0%

Calcium 200mg 15%

Iron 11mg 60%

Potassium 930mg 20%

Vitamin A 26mcg 2%

Vitamin C 14mg 15%

Vitamin E 2mg 15%

Thiamin 0.1mg 8%

Riboflavin 0.5mg 40%

Niacin 0.3mg 2%

Biotin 7mcg 25%

Phosphorus 230mg 20%

Magnesium 120mg 30%

Zinc 2mg 20%

*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.