

Nutrition Facts

1 servings per container

Serving size 1 Pouch (50g)

Amount Per Serving

Calories **190**

% Daily Values*

Total Fat 3g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Polyunsaturated Fat 2g

Cholesterol 0mg **0%**

Sodium 335mg **15%**

Total Carbohydrate 28g **10%**

Dietary Fiber 10g **36%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 13g **26%**

Vitamin D 10mcg 50%

Calcium 100mg 8%

Iron 25mg 140%

Potassium 465mg 10%

Vitamin A 122mcg 15%

Vitamin C 60mg 70%

Vitamin E 1mg 6%

Vitamin K 60mcg 50%

Thiamin 0.1mg 8%

Riboflavin 0.5mg 40%

Niacin 3.8mg 25%

Vitamin B12 0.2mcg 8%

Biotin 11mcg 35%

Phosphorus 175mg 15%

Magnesium 77mg 20%

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.