

Nutrition Facts

2 servings per container

Serving Size

1 cup (250 mL)

Calories

1 cup (250 mL)

200

1/2 cup (125 mL)

100

% DV *

% DV *

Total Fat

6g **8%**

3g **4%**

Saturated

4g **19%**

2g **10%**

Trans

0g

0g

Cholesterol

15mg **5%**

10mg **3%**

Sodium

410mg **18%**

200mg **9%**

Total Carbohydrate

36g **13%**

18g **7%**

Dietary Fiber

6g **21%**

3g **10%**

Total Sugars

27g

14g

Incl. Added Sugars

17g **33%**

8g **17%**

Protein

10g

5g

Vitamin D

2.0mcg 10%

1.0mcg 6%

Calcium

270mg 20%

130mg 10%

Iron

2.3mg 15%

1.1mg 6%

Potassium

530mg 10%

260mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.