

Nutrition Facts Servings: 2, **Serv. size : 1 cup (250 mL),**

Amount per serving: **Calories 200**, **Total Fat** 6g (8% DV) , Sat. fat 4g (19% DV) , *Trans* 0g, Polyunsat. fat 0g, Monounsat. fat 2g, **Cholest.** 15mg (5% DV) , **Sodium** 410mg (18% DV), **Total Carb.** 36g (13% DV), Fiber 6g (21% DV), Total Sugars 27g (Incl. 17g Added Sugars , 33% DV), Sugar alc. 0g, **Protein** 10g, Vit. D (10% DV), Calcium (20% DV), Iron (15% DV), Potas. (10% DV), Vit. C (0% DV).