

Nutrition Facts

2 servings per container

Serving Size 1 cup (250 mL)

Amount per serving

Calories 200

% Daily Value *

Total Fat 6g **8%**

Saturated 4g **19%**

Trans 0g

Polyunsaturated 0g

Monounsaturated 2g

Cholesterol 15mg **5%**

Sodium 410mg **18%**

Total Carbohydrate 36g **13%**

Dietary Fiber 6g **21%**

Total Sugars 27g

Includes 17g Added Sugars **33%**

Sugar Alcohol 0g

Protein 10g

Vitamin D 2.0mcg 10%

Calcium 270mg 20%

Iron 2.3mg 15%

Potassium 530mg 10%

Vitamin C 0mg 0%

* 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.