

Nutrition Facts

2 servings per container

Serving Size

1 cup (250 mL)

**Calories
per serving**

200

Amount/serving

% Daily Value *

Total Fat 6g

8%

Saturated 4g

19%

Trans 0g

Polyunsaturated 0g

Monounsaturated 2g

Cholesterol 15mg

5%

Sodium 410mg

18%

Vitamin D 2.0mcg 10% • Calcium 270mg 20% • Iron 2.3mg 15% • Potassium 530mg 10% • Vitamin C 0mg 0%

Amount/serving

% Daily Value *

Total Carbohydrate 36g

13%

Dietary Fiber 6g

21%

Total Sugars 27g

Includes 17g Added Sugars

33%

Sugar Alcohol 0g

Protein 10g

* 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.