

Nutrition Facts

1 servings per container

Serving size 1

Amount Per Serving

Calories 190

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Sodium 0mg 0%

Total Carbohydrate 33g 12%

Dietary Fiber 2g 7%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 5g 10%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

*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.