

Nutrition Facts

1 servings per container
Serving size

Calories
per serving **180**

Amount/serving	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol < 5mg	1%
Sodium 80mg	3%
Vitamin D 2mcg	10%
Potassium 250mg	6%

Amount/serving	% Daily Value*
Total Carbohydrate 21g	8%
Dietary Fiber 1g	4%
Total Sugars 14g	
Includes 3g Added Sugars	6%
Protein 5g	10%
Calcium 152mg	10%
Iron 1.1mg	6%

*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.