

Nutrition Facts

1 servings per container

Serving size 1

Amount Per Serving

Calories 310

% Daily Value*

Total Fat 12g 15%

Saturated Fat 1.4g 7%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 15mg 1%

Total Carbohydrate 50g 18%

Dietary Fiber 2g 7%

Total Sugars 33g

Includes 0g Added Sugars 0%

Protein 2g 4%

Vitamin D 3.6mcg 20%

Calcium 91mg 8%

Iron 2.16mg 10%

Potassium 329mg 8%

*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.