

NUTRITION FACTS

Serving Size: 1 cup (40g)

Servings Per Container: About 8

Amount Per Serving	As Packaged	with 1/2 cup skim milk
Calories	170	210
% Daily Value*		
Total Fat 3.5g**	5%	5%
Saturated Fat 0g	0%	3%
Trans Fat 0g		
Polyunsaturated Fat 1g		
Monounsaturated Fat 2g		
Cholesterol 0mg	0%	1%
Sodium 250mg	11%	13%
Total Carbohydrate 33g	12%	14%
Dietary Fiber 1g	4%	4%
Total Sugars 8g		
Incl. Added Sugars 8g	16%	16%
Protein 2g		
Vitamin D 2mcg 10%	Calcium 130mg 10%	
Iron 12.6mg 70%	Potassium 0mg 0%	
Vitamin A 10%	Vitamin C 10%	
Thiamin 20%	Riboflavin 30%	
Niacin 10%	Vitamin B6 20%	
Folate (45mcg folic acid) 20%	Vitamin B12 20%	
Phosphorus 4%	Magnesium 4%	
Zinc 20%		

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.