

# Nutrition Facts

(Unprepared)

30 Servings Per Container

**Serving Size**      **1 Cup (240 ml)**

Amount Per Serving

**Calories**                      **120**

	% Daily Value*
Total Fat 3 g	4%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Polyunsaturated Fat 0.5 g	
Monounsaturated Fat 1 g	
Cholesterol 15 mg	5%
Sodium 390 mg	17%
Total Carbohydrate 15 g	5%
Dietary Fiber 1 g	4%
Sugar 2 g	
Added Sugar 0 g	0%
Protein 8 g	16%
Vitamin D 0 µg	0%
Potassium 180 mg	4%
Calcium 20 mg	0%
Iron 1 mg	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.