

Nutrition Facts (Boil)

28 Servings Per Container

Serving Size 8 fl oz (245 g)

Amount Per Serving

Calories 240

	% Daily Value*
Total Fat 12 g	18%
Saturated Fat 3.5 g	18%
Trans Fat 0 g	
Cholesterol 60 mg	20%
Sodium 710 mg	30%
Total Carbohydrate 20 g	7%
Dietary Fiber 2 g	8%
Sugar 2 g	
Added Sugar 0.0 g	0.0%
Protein 15 g	30%
Vitamin D 0 µg	0%
Potassium 249.0 mg	6.0%
Calcium 20 mg	2%
Iron 1.08 mg	6%
Vitamin A 1000 IU	20%
Vitamin C 0 mg	0%

* 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.