

Nutrition Facts Per 1 cup (227g) serving

Amount	% Daily Value
Calories 184	
Total Fat 9g	14 %
Saturated Fat 5g + Trans Fat 0g	25 %
Cholesterol 25 mg	
Sodium 380 mg	16 %
Total Carbohydrate 16 g	5 %
Dietary Fibre 1 g	6 %
Sugars 4 g	
Protein 10 g	
Vitamin A:	1 %
Vitamin C:	3 %
Calcium:	4 %
Iron:	3 %

Nutritional information has been calculated by a third-party software and is accurate based upon information and belief. However, no warranty, expressed or implied is intended.