

## Nutrition Facts Per 1 cup (227g) serving

Amount	% Daily Value
Calories 131	
Total Fat 4 g	6 %
Saturated Fat 2g + Trans Fat 0g	9 %
Cholesterol 20 mg	
Sodium 560 mg	24 %
Total Carbohydrate 16 g	5 %
Dietary Fibre 3 g	11 %
Sugars 3 g	
Protein 9 g	
Vitamin A:	15 %
Vitamin C:	8 %
Calcium:	4 %
Iron:	7 %

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.