

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

Amount	% Daily Value
Calories 167	
Total Fat 7 g	10 %
Saturated Fat 2 g + Trans Fat 0 g	14 %
Cholesterol 20 mg	
Sodium 570 mg	24 %
Total Carbohydrate 15 g	5 %
Dietary Fibre 2 g	8 %
Sugars 1 g	
Protein 11 g	
Vitamin A:	5 %
Vitamin C:	2 %
Calcium:	14 %
Iron:	8 %

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.