

Nutrition Facts Per 1 cup (227g) serving

Amount	% Daily Value
Calories 153	
Total Fat 2 g	2 %
Saturated Fat 0 g + Trans Fat 0 g	2 %
Cholesterol 0 mg	
Sodium 380 mg	16 %
Total Carbohydrate 26 g	9 %
Dietary Fibre 1 g	5 %
Sugars 4 g	
Protein 9 g	
Vitamin A:	4 %
Vitamin C:	2 %
Calcium:	5 %
Iron:	2 %

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.