

Nutrition Facts Per 1 cup (227g) serving	
Amount	% Daily Value
Calories 210	
Total Fat 7g	11 %
Saturated Fat 2 g + Trans Fat 0 g	14 %
Cholesterol 20 mg	
Sodium 610 mg	25 %
Total Carbohydrate 26 g	9 %
Dietary Fibre 6 g	25 %
Sugars 5 g	
Protein 12 g	
Vitamin A:	9 %
Vitamin C:	4 %
Calcium:	8 %

Iron:

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.

18 %