

Nutrition Facts Per 1 cup (227g) serving

Amount	% Daily Value
Calories 175	
Total Fat 1 g	2 %
Saturated Fat 0 g + Trans Fat 0 g	1 %
Cholesterol 10 mg	
Sodium 700 mg	29 %
Total Carbohydrate 27 g	9 %
Dietary Fibre 7 g	29 %
Sugars 2 g	
Protein 12 g	
Vitamin A:	9 %
Vitamin C:	3 %
Calcium:	2 %
Iron:	11 %

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.