



# Nutrition Facts

About 8 servings per container

**Serving size 1 cup (240mL)**

**Amount per serving**

**Calories 30**

**% Daily Value\***

**Total Fat** 2.5g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 1.5g

**Cholesterol** 0mg **0%**

**Sodium** 115mg **5%**

**Total Carbohydrate** 1g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 1g

Vitamin D 2.5mcg 10% • Calcium 450mg 30%

Iron 0.4mg 2% • Potassium 170mg 2%

Vitamin A 150mcg 15% • Vitamin E 4mg 25%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.