



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.