

Nutrition Facts

Serv. size 1/4 cup (30g)

Amount per serving

Calories **140**

% Daily Value*

Total Fat 7g **9%**

Sat. Fat 3g **15%**

Trans Fat 0g

Cholest. 0mg **0%**

Sodium 25mg **1%**

Total Carb. 17g **6%**

Fiber 1g **4%**

Total Sugars 13g

Includes 8g Added Sugars **16%**

Protein 4g

Vit. D 0mcg **0%**

Calcium 14mg **2%**

Iron 1mg **6%**

Potas. 128mg **2%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet.