

Nutrition Facts

3 servings per container

Serving size 1/4 cup (55 g)

Amount per serving

Calories

25

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **1%**

Trans fat 0g

Sodium 180mg **8%**

Cholesterol 0mg **0%**

Total Carbohydrate 4g **1%**

Dietry Fibre 0g **0%**

Total Sugars 3g

Includes 0g Added Sugars **6%**

Protein 0g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0.4mg 2%

Potassium 75 mg 2%

* 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