

Nutrition Facts

About 4 servings per container

Serving size 1 cup (240 mL)

Amount per serving

Calories **110**

% DV*

Total Fat 3.5g **4%**

Sodium 115mg **5%**

Total Carbohydrate 18g **7%**

Dietary Fiber 1g **4%**

Total Sugars 13g

Includes 13g Added Sugars **26%**

Protein 2g

Vitamin D 2mcg 10% • Calcium 123mg 10%

Not a significant source of saturated fat, trans fat, cholesterol, iron and potassium.

* 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.