

Nutrition Facts

About 4 servings per container

Serving size 1 cup (240 mL)

Amount per serving

Calories **40**

% DV*

Total Fat 3g **4%**

Sodium 180mg **8%**

Total Carbohydrate 2g **1%**

Dietary Fiber 1g **4%**

Protein 1g

Vitamin D 2mcg 10%

Not a significant source of saturated fat, trans fat, cholesterol, total sugars, added sugars, calcium, 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.