

KCDA No. 45648

Nutrition Information

90 Calories per serving

Serving size 1 Serving (25g)

Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat	
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Cholesterol 0mg	0%
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Sodium 55mg	2%
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Total Carbohydrate 19g	7%
Dietary Fiber 1g	4%
Total Sugars	
Includes 4g	8%
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Protein 2g	4%
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Vitamin D 0.0mcg	0%
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Calcium 110mg	8%
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Iron 0.50mg	2%
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Potassium 0mg	0%

* 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.