

# Nutrition Facts

Servings: 12

Amount per serving

**Calories** **146**

**% Daily Value\***

**Total Fat** 7g **9%**

Saturated Fat 2g **10%**

**Cholesterol** 1mg **0%**

**Sodium** 53mg **2%**

**Total Carbohydrate** 19.4g **7%**

Dietary Fiber 2.6g **9%**

Total Sugars 10.3g

**Protein** 4.1g

Vitamin D 0mcg **0%**

Calcium 19mg **1%**

Iron 2mg **9%**

Potassium 234mg **5%**