

## Nutrition Facts

Serving Size 1 cup (236 mL)

Servings Per Container 8

Amount Per Serving

**Calories** 120 Calories from Fat 20

% Daily Value

**Total Fat** 2.5g 4%

Saturated Fat 1.5g 8%

Trans Fat 0g

**Cholesterol** 15mg 4%

**Sodium** 150mg 6%

**Potassium** 470mg 13%

**Total Carbohydrate** 14g 5%

Dietary Fiber 0g 0%

Sugars 13g

**Protein** 10g

Vitamin A 10% • Vitamin C 0%

Calcium 35% • Iron 2%

Vitamin D 25% • Phosphorus 25%