

**SERVES:** 4

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**Calories** 120

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**% DV\***

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

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Saturated Fat 0.5g **4%**

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Trans Fat 0g

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

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**Sodium** 40mg **2%**

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**Total Carbohydrate** 14g **5%**

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Dietary Fiber 4g **15%**

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Sugar 6g

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Includes 0g Added Sugars **0%**

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**Protein** 2g

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Vitamin D 0 mcg 0%

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Calcium 69 mg 6%

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Iron 1 mg 6%

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Potassium 472 mg 10%

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\* 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.