Nutrition Facts					
Serving Size: 1 1/4 cup (55g)					
Servings Per Container: 7					
Amount Pe	Amount Per Serving				
Calories 210 Calories from Fat 20					
% Daily Value*					
Total Fat 2g				3%	
Saturated Fat 0.5g				3%	
Trans Fat 0g					
Cholesterol Omg				0%	
Sodium 190mg				8%	
Potassium 180mg				5%	
Total Carb. 43g				14%	
Dietary Fiber 5g				19%	
Sugars 11g					
Protein 6g				10%	
Vitamin A	0%	•	Vitamin C	100%	
Calcium	4%	•	Iron	10%	
Thiamin	25%	•	Riboflavir	20%	
Niacin	25%	•	Vitamin B	6 20%	
Folate	20%	•	Vitamin B12	20%	
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** Percent l 2,000 calori may be high	le diet ner or	t. Yo low ls.	ur daily va	lues	
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** Percent 2,000 calorimay be high your calorie	ner or need	t. Yo low ls. ries: than	ur daily va er dependi 2,000	lues ng on 2,500	
** Percent 1 2,000 calori may be high your calorie Total Fat	c diet ner or need Calor Less Less	t. Yo low ls. ries: than than	ur daily va er dependi 2,000 65g 20g	lues ng on 2,500 80g	
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