

Nutrition Facts

Per serving:

Calories: 108

Fat: 2 g

Saturated Fat: 0 g

% Calories From Fat: 14%

Cholesterol: 0 mg

Protein: 6 g

Carbohydrate: 18 g

Sugar: 3 g

Fiber: 5 g

Sodium: 175 mg

Calcium: 43 mg

Iron: 2 mg

Vitamin C: 8 mg

Beta-Carotene: 273 mcg

Vitamin E: 0 mg