



# 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