



Add more liquid as needed.

## Nutrition Facts

*Per serving:*

**Calories:** 82

**Fat:** 1 g

**Saturated Fat:** 0.19 g

**% Calories From Fat:** 14%

**Cholesterol:** 0 mg

**Protein:** 2 g

**Carbohydrate:** 17 g

**Sugar:** 3 g

**Fiber:** 2 g

**Sodium:** 215 mg

**Calcium:** 28 mg

**Iron:** 1 mg

**Vitamin C:** 10 mg

**Beta-Carotene:** 3,703 mcg

**Vitamin E:** 1 mg