

SERVES: 4

Calories 240

	% DV*
Total Fat 8g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2110mg	92%
Total Carbohydrate 25g	9%
Dietary Fiber 6g	21%
Sugar 15g	
Includes 1g Added Sugars	2%
Protein 8g	
Vitamin D 0 mcg	0%
Calcium 139 mg	10%
Iron 4 mg	20%
Potassium 1015 mg	20%

* 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.