

Nutrition Facts

Serving Size: 2.2 oz (62g) dry mix

(1 Cup Prepared)

Servings Per Container: 4

Amount Per Serving

Calories 240 **Calories from Fat** 50

		% Daily Value*
Total Fat	6g	9%
Saturated Fat	1g	4%
Cholesterol	5mg	1%
Sodium	900mg	38%
Potassium	200mg	6%
Total Carbohydrate	41g	14%
Dietary Fiber	2g	9%
Sugars	9g	

Protein 6g

Vitamin A 6% • Vitamin C 20%

Calcium 6% • Iron 2%

Vitamin K 50% • Thiamin 20%

Riboflavin 10% • Niacin 6%

Vitamin B6 2% • Folate 6%

Phosphorus 10% • Panthothenic Acid 2%

Magnesium 4%

Not a significant source of trans fat, and cholesterol.

*Percent Daily Values are based on a 2,000 calorie diet.

Your Daily Values may be higher or lower depending on your calorie needs.

Calories 2,000 2,500

Total Fat Less than 65g 80g