

Nutrition Facts

Serving Size: 1.5 oz (43g) Dry Mix

(1 Cup Prepared)

Servings Per Container: 4

Amount Per Serving

Calories 110 Calories from Fat 10

% Daily Value*

| | | |
|------------------|----|-----------|
| Total Fat | 1g | 2% |
|------------------|----|-----------|

| | | |
|---------------|----|-----------|
| Saturated Fat | 0g | 0% |
|---------------|----|-----------|

| | | |
|-----------|----|--|
| Trans Fat | 0g | |
|-----------|----|--|

| | | |
|--------------------|-----|-----------|
| Cholesterol | 0mg | 0% |
|--------------------|-----|-----------|

| | | |
|---------------|-------|------------|
| Sodium | 774mg | 32% |
|---------------|-------|------------|

| | | |
|---------------------------|-----|-----------|
| Total Carbohydrate | 22g | 7% |
|---------------------------|-----|-----------|

| | | |
|---------------|----|-----------|
| Dietary Fiber | 2g | 8% |
|---------------|----|-----------|

| | | |
|--------|----|--|
| Sugars | 1g | |
|--------|----|--|

| | | |
|----------------|----|--|
| Protein | 6g | |
|----------------|----|--|

| | | | | |
|-----------|----|---|-----------|----|
| Vitamin A | 4% | • | Vitamin C | 2% |
|-----------|----|---|-----------|----|

| | | | | |
|---------|----|---|------|----|
| Calcium | 2% | • | Iron | 8% |
|---------|----|---|------|----|

*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 |
|-----------|---------------|-----|
