

# Nutrition Facts

Serving Size: 2.3 oz (94g) dry mix

(1 Cup Prepared)

Servings Per Container: 4

---

## Amount Per Serving

**Calories** 360    **Calories from Fat** 60

---

		% Daily Value*
<b>Total Fat</b>	7g	<b>11%</b>
Saturated Fat	1.5g	<b>7%</b>
<b>Cholesterol</b>	5mg	<b>2%</b>
<b>Sodium</b>	880mg	<b>37%</b>
Potassium	310mg	<b>9%</b>
<b>Total Carbohydrate</b>	63g	<b>21%</b>
Dietary Fiber	7g	<b>30%</b>
Sugars	10g	
<b>Protein</b>	11g	

---

Vitamin A 6%    • Vitamin C 35%

Calcium 6%    • Iron 8%

Vitamin K 6%    • Thiamin 20%

Riboflavin 4%    • Niacin 10%

Vitamin B<sub>6</sub> 6%    • Folate 20%

Phosphorus 8%    • Pantothenic Acid 4%

Magnesium 6%    • Zinc 2%

Selenium 2%    • Copper 2%

Manganese 4%

---

Not a significant source of trans fat.

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your Daily Values may be higher or lower depending on  
your calorie needs.