

Nutrition Facts

Serving Size: 1 Packet

Servings Per Container 12

Amount Per Serving

Calories: 100

Calories from Fat: 15

	% Daily Value*
Total Fat 1.5 g	3%
Saturated Fat 0 g, Trans Fat 0 g	0%
Sodium 200 mg	8%
Potassium 200 mg	5%
Total Carbohydrates 7 g	2%
Sugars 7 g	
Protein 15 g	30%

Vitamin A	20%	•	Vitamin C	30%
Calcium	20%	•	Iron	20%
Vitamin D	20%	•	Vitamin E	20%
Thiamine (B1)	30%	•	Riboflavin (B2)	30%
Niacin	20%	•	Pyridoxine (B6)	30%
Folic Acid	20%	•	Vitamin B12	20%
Biotin	20%	•	Pantothenic Acid	20%
Phosphorus	20%	•	Iodine	20%
Magnesium	20%	•	Zinc	20%
Copper	20%			

Not a significant source of saturated fat, cholesterol, or dietary fiber.

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs

	Calories:	2000	2500
Total Fat	Less Than	65 g	80 g
Sat. Fat	Less Than	20 g	25 g
Cholesterol	Less Than	300 mg	300 mg
Sodium	Less Than	2400 mg	2400 mg
Total Carbohydrates		300 g	375 g
Dietary Fiber		25 g	30 g

Fat 9	•	Calories per Gram:	•	Protein 4
		Carbohydrates 4		

Contains the following nutrients: Manganese (0.8 mg)