

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	Calories 230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	0%
Cholesterol 0mg	7%
Sodium 150mg	13%
Total Carbohydrate 37g	14%
Dietary Fiber 4g	20%
Total Sugars 12g	
Includes 10g Added Sugars	
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	45%
Potassium 236mg	6%



Yo tengo el control
¡YO PUEDO HACERLO!