

HOW MANY  
CALORIES PER  
SERVING?

230

## Nutrition Facts

Serving Size 1 Cup

Servings Per Container 4

### Amount Per Serving

**Calories 100**

### % Daily Value

**Total Fat 8g 5%**

**Sodium 50g 8%**

**Vitamin C 10%**

180

100

IF YOU USE 2 CUPS, HOW MANY  
SERVINGS WILL THAT MAKE?

## Nutrition Facts

Serving Size 2 Cups (200g)  
Servings Per Container About 3

### Amount Per Serving

**Calories** 450    **Calories from Fat** 70

**% Daily Value**

**Total Fat** 8g                      **12%**

**Saturated Fat** 3g            **15%**

**Sodium** 50g                      **2%**

**Potassium** 180g                **5%**

**Total Carb.** 36g                **12%**

**Sugars** 21g

**Protein** 10g

**Vitamin A** 0%                  **Vitamin C** 0%

**Calcium** 2%                    **Iron** 6%

WHAT IS THE  
SERVING SIZE?

## Nutrition Facts

Serving Size 1/2 Cup (50g)  
Servings Per Container About 9

### Amount Per Serving

Calories 230    Calories from Fat 70

% Daily Value

Total Fat 8g                      12%

Saturated Fat 3g                15%

Sodium 50g                        2%

Potassium 180g                  5%

Total Carb. 36g                12%

Sugars 12g

Protein 4g

Vitamin A 0%                      Vitamin C 0%

Calcium 2%                        Iron 6%

1/2  
Cup

1  
Cup

2  
Cups