

Nutrition Facts

Serving Size 1/2 cup dry mix (29g)

Servings Per Container 12

Amount Per Serving	as packaged*	as prepared
Calories	160	210
Calories from Fat	45	90
% Daily Value**		
Total Fat 5g*	8%	17%
Saturated Fat 0g	0%	18%
Trans Fat 0g		
Cholesterol 20mg	7%	12%
Sodium 370mg	15%	15%
Total Carbohydrate 24g	8%	8%
Dietary Fiber 4g	16%	16%
Sugars 5g		
Protein 4g		
Vitamin A	4%	8%
Vitamin C	2%	2%
Calcium	15%	15%
Iron	8%	8%

*Amount in dry mix. Preparation adds an additional 50 calories, 6g total fat (3.5g saturated fat), 15mg cholesterol.

**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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4