## Nutrition Facts

**Serving Size**: 1 cup (4 oz)

Per Container: 3 servings

### Amount Per Serving

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>75</td>
<td>27</td>
</tr>
</tbody>
</table>

### % Daily Value

<table>
<thead>
<tr>
<th></th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
<th>Sugars</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>3 g</td>
<td>0 g</td>
<td>0 mg</td>
<td>300 mg</td>
<td>10 g</td>
<td>5 g</td>
<td>3 g</td>
<td>2 g</td>
</tr>
</tbody>
</table>

### Vitamin and Minerals

- Vitamin A: 80%
- Vitamin C: 60%
- Calcium: 4%
- Iron: 4%

### Calories per gram

- Fat: 9
- Carbohydrate: 4
- Protein: 4

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**The total carbohydrate tells how many grams of carbohydrate are in 1 serving.**

Fiber has to be subtracted from the Total Carbohydrate:

Total CHO (10g) - Fiber CHO (5g) = 5g Net CHO

The **NET Carbohydrate is 5g**