

Amount Per Serving

**Calories**

**15**

% Daily Value\*

|                              |           |
|------------------------------|-----------|
| <b>Total Fat</b> 1g          | <b>1%</b> |
| Saturated Fat 0g             | <b>0%</b> |
| <i>Trans</i> Fat 0g          |           |
| <b>Cholesterol</b> 0mg       | <b>0%</b> |
| <b>Sodium</b> 5mg            | <b>0%</b> |
| <b>Total Carbohydrate</b> 2g | <b>1%</b> |
| Dietary Fiber 1g             | <b>4%</b> |
| Total Sugars 0g              |           |
| Includes 0g Added Sugars     | <b>0%</b> |
| <b>Protein</b> 1g            | <b>2%</b> |
| Vitamin D 0mcg               | 0%        |
| Calcium 208mg                | 15%       |
| Iron 1.8mg                   | 10%       |
| Potassium 188mg              | 4%        |
| Vitamin A 990mcg             | 110%      |
| Vitamin C 43.2mg             | 50%       |
| Vitamin E 4.2mg              | 30%       |
| Thiamin 0.696mg              | 60%       |
| Riboflavin 1.105mg           | 80%       |
| Vitamin B12 3.36mcg          | 140%      |
| Magnesium 21mg               | 4%        |
| Zinc 0.22mg                  | 2%        |

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.