# Nutrition Facts/Datos de Nutrición

About 16 servings per container/aprox. 16 raciones por envase
**Serving size/Tamaño por ración 1 1/3 Cup/ 1 1/3 Taza (39g)**

| **Amount per serving/Cantidad por ración Calories/Calorías** | **130** | **with 3/4 cup skim milk/con 3/4 taza de leche descremada 200** |
|---|---|---|
| | % DV*/% VD* | % DV*/% VD* |
| **Total Fat/Grasa Total** | 1.5g **2%** | 1.5g **2%** |
| Saturated Fat/Grasa Saturada | 0.5g **3%** | 1g **5%** |
| Trans Fat/Grasa Trans | 0g | 0g |
| Polyunsaturated Fat/Grasa Poliinsaturada | 0g | 0g |
| Monounsaturated Fat/Grasa Monoinsaturada | 0g | 0g |
| **Cholesterol/Colesterol** | 0mg **0%** | <5mg **1%** |
| **Sodium/Sodio** | 200mg **9%** | 280mg **12%** |
| **Total Carbohydrate/Carbohidrato Total** | 34g **12%** | 43g **16%** |
| Dietary Fiber/Fibra Dietética | 5g **19%** | 5g **19%** |
| Total Sugars/Azúcares Totales | 12g | 21g |
| Incl. Added Sugars/Incl. azúcares añadidos | 12g **24%** | 12g **24%** |
| **Protein/Proteínas** | 2g | 8g |
| Vitamin D/Vitamina D | 2mcg **10%** | 4.2mcg **20%** |
| Calcium/Calcio | 30mg **2%** | 250mg **20%** |
| Iron/Hierro | 4.5mg **25%** | 4.5mg **25%** |
| Potassium/Potasio | 50mg **0%** | 340mg **6%** |
| Thiamin/Tiamina | **20%** | **25%** |
| Riboflavin/Riboflavina | **20%** | **45%** |
| Niacin/Niacina | **20%** | **25%** |
| Vitamin B6/Vitamina B6 | **20%** | **20%** |
| Folate/Folato (Folic Acid/Ácido Fólico) | (45mcg) **20%** | (45mcg) **20%** |
| Vitamin B12/Vitamina B12 | **20%** | **50%** |

* 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. / El % Valor Diario (VD) le indica cuánto un nutriente en una porción de alimentos contribuye a una dieta diaria. 2,000 calorías al día se utilizan para el consejo nutricional general.