

Nutrition Facts

about 9 servings per container

Serving size 3 tbsp (16g)

Amount per serving

Calories

60

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 5g **2%**

Dietary Fiber 3g **12%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 8g

Vitamin D 0mcg **0%**

Calcium 5.8mg **0%**

Ingre
vita

Pyri

Thia

Ribo

Cya

Dist

Weg

Rock

Wegmans Nutritional Guide

Rachel S Tattersall



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