

Nutrition Facts

4 servings per container

Serving size 1 cup (82g)

Amount per serving

Calories 250

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

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.

Nutrition Guide Tutorial

C Cleary

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the 'C Cleary' text.

Nutrition Guide Tutorial:

Unveiling the Energy of Verbal Beauty: An Emotional Sojourn through **Nutrition Guide Tutorial**

In some sort of inundated with monitors and the cacophony of instantaneous communication, the profound energy and emotional resonance of verbal artistry usually disappear in to obscurity, eclipsed by the continuous onslaught of sound and distractions. Yet, nestled within the lyrical pages of **Nutrition Guide Tutorial**, a captivating perform of fictional splendor that impulses with fresh feelings, lies an remarkable journey waiting to be embarked upon. Composed by way of a virtuoso wordsmith, this exciting opus manuals viewers on a psychological odyssey, lightly exposing the latent possible and profound impact embedded within the complex internet of language. Within the heart-wrenching expanse with this evocative examination, we can embark upon an introspective exploration of the book is key styles, dissect their captivating writing design, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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