

Mediterranean hearts

Nutrition Facts

About 5 servings per container
Serving size 2 cups (100g)

Amount per serving

Calories 15

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 2g	1%
Dietary Fiber 2g	9%
Total Sugars 0g	
Includes 0g Added Sugars	0%

Protein <1g

Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.7mg	4%
Potassium 247mg	7%

* 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.

* Nutritional Values based on the FDA.

Nutrition Facts

About 2.5 servings per container
Serving size 1 cup (100g)

Amount per serving

Calories 20

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber >1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%

Protein >1g

Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.5mg	3%
Potassium 302mg	9%

* 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.

* Nutritional Values based on the FDA.