

# Nutrition Facts

7 servings per container

**Serving size** 1 cup (100g)

**Amount per serving**

**Calories** 25

**% Daily Value\***

**Total Fat** 0g 0%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 140mg 6%

**Total Carbohydrate** 5g 2%

Dietary Fiber 4g 16%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein** 1g

Vitamin D 0mcg 0%

Calcium 100mg 10%

Iron 0mg 0%

Potassium 260mg 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.