

Nutrition Facts

About 4 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 0%

Cholesterol 0mg 0%

Sodium 22mg 1%

Total Carbohydrate 4g 1%

Dietary Fiber 1g 4%

Total Sugars 1g 0%

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.