

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%

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* Nutritional Values based on the FDA.