

Nutrition Facts

2 servings per container

Serving size 1 cup (100g)

Amount per serving

Calories

5

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 23mg 0%

Total Carbohydrate 3g 1%

Dietary Fiber 3g 12%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 2.3mg 13%

Potassium 248mg 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.