

# Nutrition Facts

About 10 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** 24mg 1%

**Total Carbohydrate** 6g 2%

Dietary Fiber 2g 8%

Total Sugars 4g

Includes 0g Added Sugars 0%

**Protein** 0g

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 0.3mg 2%

Potassium 170mg 5%

\* 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.