

Nutrition Facts

About 7 servings per container

Serving size 2 cups (100g)

Amount per serving

Calories

20

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 3g **1%**

Dietary Fiber 3g **12%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 1g

Vitamin D 0mcg **0%**

Calcium 20mg **2%**

Iron 1.8mg **10%**

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.