

Nutrition Facts

About 1.7 servings per container

Serving size 1 cup (100g)

Amount per serving

Calories 40

% Daily Value*

Total Fat 0.3g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 87.7mg 4%

Total Carbohydrate 5.6g 2%

Dietary Fiber 2.1g 7%

Total Sugars 3.6g

Includes 0g Added Sugars 0%

Protein 2.2g

Vitamin D 0mcg 0%

Calcium 30mg 3%

Iron 0.3mg 2%

Potassium 58mg 2%

* 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.