

# Nutrition Facts

About 3.4 servings per container

**Serving size** 1 1/4 cup (100g)

**Amount per serving**

**Calories** 30

% Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 30mg 1%

**Total Carbohydrate** 6g 2%

Dietary Fiber 2g 7%

Total Sugars 2g

Includes 0g Added Sugars 0%

**Protein** 3g

Vitamin D 0mcg 0%

Calcium 45mg 4%

Iron 1mg 6%

Potassium 300mg 6%

\* 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.