

# Nutrition Facts

About 7 servings per container

**Serving size 2 cups (100g)**

Amount per serving

**Calories**

**15**

% Daily Value\*

<b>Total Fat</b>	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	25mg	1%
<b>Total Carbohydrate</b>	2g	1%
Dietary Fiber	2g	9%
Total Sugars	0g	
Includes	0g Added Sugars	0%

**Protein** <1g

Vitamin D	0mcg	0%
Calcium	20mg	2%
Iron	0.7mg	4%
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.

\* Nutritional Values based on the FDA.