

Nutrition Facts

4.5 servings per container

Serving size 1 cup (100g)

Amount per serving

Calories 40

% Daily Value*

Total Fat 0.2g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 5.7g	2%
Dietary Fiber 4.2g	16%
Total Sugars 1.2g	
Includes 0g Added Sugars	0%

Protein 2.5g

Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.1mg	1%
Potassium 309mg	9%

* 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.