

# Nutrition Facts

About 4.5 servings per container

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

Amount per serving

**Calories**

**40**

% Daily Value\*

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 10mg **0%**

**Total Carbohydrate** 6g **2%**

Dietary Fiber 6g **23%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 3g

Vitamin D 0mcg **0%**

Calcium 20mg **2%**

Iron 0mg **0%**

Potassium 316mg **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.