

Nutrition Facts

About 10 servings per container

Serving size 1 cup (100g)

Amount per serving

Calories 5

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 24mg 1%

Total Carbohydrate 6g 2%

Dietary Fiber 2g 8%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 0g

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 0.3mg 2%

Potassium 170mg 5%

* 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.