

Nutrition Facts

About 4.5 servings per container

Serving size 1 cup (100g)

Amount per serving
Calories 25

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 5g	2%
Dietary Fiber 4g	16%
Total Sugars 0g	
Includes 0g Added Sugars	0%

Protein 1g	
Vitamin D 0mcg	0%
Calcium 100mg	10%
Iron 0mg	0%
Potassium 260mg	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.