

# Nutrition Facts

About 3.7 servings per container

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

**Amount per serving**

**Calories** 20

% Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 22mg 1%

**Total Carbohydrate** 3g 1%

Dietary Fiber 3g 12%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein** 1g

Vitamin D 0mcg 0%

Calcium 520mg 52%

Iron 0.1mg 1%

Potassium 314mg 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.