

# Nutrition Facts

About 9 servings per container

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

**Amount per serving**

**Calories** 20

**% Daily Value\***

**Total Fat** 0.2g 0%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 5mg 0%

**Total Carbohydrate** 3.7g 1%

Dietary Fiber 1.2g 5%

Total Sugars 2.5g

Includes 0g Added Sugars 0%

**Protein** 0.9g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 1mg 6%

Potassium 340mg 8%

\* 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.