

Nutrition Facts

About 2.8 servings per container

Serving size 1 cup (100g)

Amount per serving

Calories 160

% Daily Value*

Total Fat 0.7g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 16.8mg 1%

Total Carbohydrate 32.7g 15%

Dietary Fiber 2g 7%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 6.3g

Vitamin D 0mcg 0%

Calcium 185mg 13.9%

Iron 1.6mg 9.2%

Potassium 396mg 10%

* 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.