

# Nutrition Facts

2 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** 23mg 0%

**Total Carbohydrate** 3g 1%

Dietary Fiber 3g 12%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein** 1g

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 2.3mg 13%

Potassium 248mg 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.