

# Nutrition Facts

About 5 servings per container  
**Serving size** 2 cups (100g)

Amount per serving

**Calories** 15

% Daily Value\*

<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 25mg	1%
<b>Total Carbohydrate</b> 2g	1%
Dietary Fiber 2g	9%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> <1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.7mg	4%
Potassium 247mg	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.

\* Nutritional Values based on the FDA.

# Nutrition Facts

About 2.5 servings per container  
**Serving size** 1 cup (100g)

Amount per serving

**Calories** 20

% Daily Value\*

<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 20mg	1%
<b>Total Carbohydrate</b> 4g	1%
Dietary Fiber >1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> >1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.5mg	3%
Potassium 302mg	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.