

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.