

Nutrition Facts

1.42 servings per container

Serving size 1 cup (100g)

Amount per serving

Calories 40

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 29.4mg 1%

Total Carbohydrate 7g 2%

Dietary Fiber 2.3g 9%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 2.3g

Vitamin D 0mcg 0%

Calcium 95.2mg 10%

Iron 0.6mg 3%

Potassium 388mg 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.