

Nutrition Facts

4 servings per container

Serving size 1/3 cup (40g)

Amount Per Serving

Calories

105

% Daily Value*

Total Fat .2g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30 mg **1%**

Total Carbohydrate 26g **9%**

Dietary Fiber 3g **12%**

Total Sugars 12g

Includes 0g Added Sugars **0%**

Protein 1g

Vitamin D 0mcg **0%**

Calcium 10 mg **1%**

Iron 1.0 mg **6%**

Potassium 330 mg **5%**

* The % Daily Values (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.