

# Nutrition Facts

2 servings per container

**Serving size**

**1 cup (141g)**

Amount per serving

**Calories**

**20**

**% Daily Value\***

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 4g **1%**

Dietary Fiber <1g **4%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

**Protein** <1g not a significant source of protein

Vitamin D 0mcg 0%

Calcium 20mg 0%

Iron 1.4mg 8%

Potassium 300mg 6%

\* 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.