

Nutrition Facts

2 servings per container

Serving size 1 cup (165g)

Amount per serving

Calories 25

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 6g 2%

Dietary Fiber <1g 3%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein <1g not a significant source of protein

Vitamin D 0mcg 0%

Calcium 20mg 0%

Iron 1mg 6%

Potassium 340mg 8%

* 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.