

Nutrition Facts

2 servings per container

Serving size

1 cup (164g)

Amount per serving

Calories

50

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 12g **4%**

Dietary Fiber 1g **4%**

Total Sugars 7g

Includes 0g Added Sugars **0%**

Protein 1g not a significant source of protein

Vitamin D 0mcg **0%**

Calcium 20mg **0%**

Iron 2.1mg **10%**

Potassium 410mg **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.



Nutrition Facts

2 servings per container

Serving size

1 cup (138g)

Amount per serving

Calories

35

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 8g **3%**

Dietary Fiber 1g **5%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

Protein 1g not a significant source of protein

Vitamin D 0mcg **0%**

Calcium 10mg **0%**

Iron 1.9mg **10%**

Potassium 360mg **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.



Nutrition Facts

2 servings per container

Serving size

1 cup (150g)

Amount per serving

Calories

40

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 9g **3%**

Dietary Fiber 2g **5%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

Protein 1g not a significant source of protein

Vitamin D 0mcg **0%**

Calcium 30mg **0%**

Iron 2mg **10%**

Potassium 460mg **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.

