

Nutrition Facts

Serving size 1 cup (160g/5.6 oz)

Amount per serving

Calories

80

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 45mg 2%

Total Carbohydrate 16g 6%

Dietary Fiber 4g 13%

Total Sugars 11g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 20mg 0%

Iron 1mg 6%

Potassium 600mg 13%

* 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.