

# Nutrition Facts

2 servings per container

Serving size

1 cup (144g)

Amount per serving

**Calories**

**30**

% Daily Value\*

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

Saturated Fat 0g **0%**

*Trans* Fat 0g

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

**Sodium** 10mg **0%**

**Total Carbohydrate** 6g **2%**

Dietary Fiber 2g **7%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

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

Vitamin D 0mcg **0%**

Calcium 10mg **0%**

Iron 1.7mg **10%**

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.

