

# Nutrition Facts

Serving size 1 cup (100g/3.5 oz)

Amount per serving

**Calories**

**35**

% Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 7g 3%

Dietary Fiber 1g 4%

Total Sugars 5g

Includes 0g Added Sugars 0%

**Protein** 1g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.6mg 4%

Potassium 320mg 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.

