

Nutrition Facts

1 serving per container

Serving size

1 cup (80g)

Amount per serving

Calories

30

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 5g **2%**

Dietary Fiber 4g **13%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 2g

Vitamin D 0mcg **0%**

Calcium 10mg **0%**

Iron 0.4mg **2%**

Potassium 250mg **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.

