

Nutrition Facts

Serving size 1 cup (179g/6.3 oz)

Amount per serving

Calories

60

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 13g **5%**

Dietary Fiber 3g **11%**

Total Sugars 9g

Includes 0g Added Sugars **0%**

Protein 2g

Vitamin D 0mcg 0%

Calcium 20mg 0%

Iron 0.5mg 2%

Potassium 520mg 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.

