

# Nutrition Facts

1 serving per container

Serving size 1 cup (144g)

Amount per serving

**Calories**

**60**

% Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 14g 5%

Dietary Fiber 1g 4%

Total Sugars 11g

Includes 0g Added Sugars 0%

**Protein** 2g

Vitamin D 0mcg 0%

Calcium 20mg 0%

Iron 0.4mg 2%

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.

