

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 2g 7%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.5mg 2%

Potassium 310mg 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.

