

# Nutrition Facts

**Serving size**

**2/3 cup**

**Amount Per Serving**

**Calories**

**110**

**% Daily Value\***

**Total Fat** 1g **1%**

Saturated Fat 0.1g **1%**

*Trans* Fat 0g

Polyunsaturated Fat 0.3g

Monounsaturated Fat 0.6g

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 20g **7%**

Dietary Fiber 7g **25%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

**Protein** 5g **10%**

Vitamin D 0mcg **0%**

Calcium 63mg **4%**

Iron 1.6mg **8%**

Potassium 381mg **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.