

Nutrition Facts

Serving size

1 cup

Amount Per Serving

Calories

130

% Daily Value*

Total Fat 1g	1%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 31g	11%
Dietary Fiber 2g	7%
Total Sugars 28g	
Includes 2g Added Sugars	4%
Protein 1g	2%
Vitamin D 0.7mcg	4%
Calcium 53mg	4%
Iron 0.7mg	4%
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.