

Nutrition Facts

4 servings per container

Serving size

2 cups

Amount Per Serving

Calories

25

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0.029g **0%**

Trans Fat 0g

Polyunsaturated Fat 0.085g

Monounsaturated Fat 0.022g

Cholesterol 0mg **0%**

Sodium 20mg **1%**

Total Carbohydrate 3g **1%**

Dietary Fiber 2g **7%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Sugar Alcohol 0g

Protein < 1g **1%**

Vitamin D 0mcg **0%**

Calcium 34mg **2%**

Iron 0.407mg **2%**

Potassium 155mg **4%**

*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.