

# Nutrition Facts

**Serving size**

**1/2 cup**

**Amount Per Serving**

**Calories**

**40**

**% Daily Value\***

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

Saturated Fat 0.5g **3%**

*Trans* Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0.2g

**Cholesterol** < 5mg **1%**

**Sodium** 90mg **4%**

**Total Carbohydrate** 3g **1%**

Dietary Fiber 0g **0%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

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

Vitamin D 0mcg **0%**

Calcium 58mg **4%**

Iron 0.1mg **0%**

Potassium 107mg **2%**

\*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.