

# Nutrition Facts

**Serving size**

**3/4 cup**

**Amount Per Serving**

**Calories**

**70**

**% Daily Value\***

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

Polyunsaturated Fat 0.1g

Monounsaturated Fat 0g

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

**Sodium** 70mg **3%**

**Total Carbohydrate** 17g **6%**

Dietary Fiber 3g **11%**

Total Sugars 10g

Includes 0g Added Sugars **0%**

**Protein** 1g **2%**

Vitamin D 0mcg **0%**

Calcium 42mg **4%**

Iron 0.5mg **2%**

Potassium 437mg **10%**

\*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.