

# Nutrition Facts

Serving size

2/3 cup

Amount Per Serving

**Calories**

**110**

% Daily Value\*

**Total Fat** 1g 1%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 200mg 9%

**Total Carbohydrate** 21g 8%

Dietary Fiber 7g 26%

Total Sugars 2g

Includes 0g Added Sugars 0%

**Protein** 5g 10%

Vitamin D 0mcg 0%

Calcium 78mg 6%

Iron 1.8mg 10%

Potassium 470mg 10%

Vitamin A 1125mcg 120%

Vitamin C 18mg 20%

Folate 80mcg 20%

\*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.