

Nutrition Facts

4 servings per container

Serving size

1 cup

Amount Per Serving

Calories

45

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0.197g **1%**

Trans Fat 0.001g

Polyunsaturated Fat 0.181g

Monounsaturated Fat 0.694g

Cholesterol 0mg **0%**

Sodium 230mg **10%**

Total Carbohydrate 9g **3%**

Dietary Fiber 2g **7%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 1g **2%**

Vitamin D 0mcg **0%**

Calcium 31mg **2%**

Iron 0.778mg **4%**

Potassium 313mg **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.