

# Nutrition Facts

4 servings per container

**Serving size**

**1 cup**

**Amount Per Serving**

**Calories**

**100**

**% Daily Value\***

**Total Fat** 1.5g **2%**

Saturated Fat 0.197g **1%**

*Trans* Fat 0g

Polyunsaturated Fat 0.715g

Monounsaturated Fat 0.5g

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

**Sodium** 20mg **1%**

**Total Carbohydrate** 19g **7%**

Dietary Fiber 4g **14%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 3g **6%**

Vitamin D 0mcg **0%**

Calcium 4mg **0%**

Iron 0.887mg **4%**

Potassium 93mg **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.