

Nutrition Facts

4 servings per container

Serving size

3/4 cup

Amount Per Serving

Calories

70

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0.049g **0%**

Trans Fat 0g

Polyunsaturated Fat 0.138g

Monounsaturated Fat 0.029g

Cholesterol 0mg **0%**

Sodium 220mg **9%**

Total Carbohydrate 0g **0%**

Dietary Fiber 3g **11%**

Total Sugars 10g

Includes 0g Added Sugars **0%**

Sugar Alcohol 0g

Protein 1g **3%**

Vitamin D 0mcg **0%**

Calcium 43mg **4%**

Iron 0.471mg **2%**

Potassium 439mg **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.