

Nutrition Facts

8 servings per container

Serving size

1/4 cup

Amount Per Serving

Calories

60

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0.214g **1%**

Trans Fat 0.005g

Polyunsaturated Fat 0.118g

Monounsaturated Fat 0.123g

Cholesterol 0mg **0%**

Sodium 125mg **5%**

Total Carbohydrate 9g **3%**

Dietary Fiber 2g **7%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Sugar Alcohol 0g

Protein 4g **8%**

Vitamin D 0.004mcg **0%**

Calcium 56mg **4%**

Iron 0.561mg **4%**

Potassium 179mg **4%**

*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.