

Nutrition Facts

Serving size

1/2 cup

Amount Per Serving

Calories

60

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0.1g **1%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 15g **5%**

Dietary Fiber 2g **7%**

Total Sugars 9g

Includes 0g Added Sugars **0%**

Protein 1g **2%**

Vitamin D 0.1mcg **0%**

Calcium 19mg **2%**

Iron 0.2mg **2%**

Potassium 208mg **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.