

# Nutrition Facts

22 servings per container

**Serving size** 1/4 cup (40g)

Amount Per Serving

**Calories**

**125**

% Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 25mg 1%

**Total Carbohydrate** 32g 11%

Dietary Fiber 6g 20%

Total Sugars 21g

Includes 0g Added Sugars 0%

**Protein** 2g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 1mg 4%

Potassium 220 mg 4%

\* The % Daily Values (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.