

Nutrition Facts

56 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.