

Nutrition Facts

1 serving per container

Serving size 1/8 cup (21g)

Amount Per Serving

Calories 55

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 14g 4%

Dietary Fiber 2g 8%

Total Sugars 8g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 10mg 1%

Iron 0.7mg 2%

Potassium 310mg 6%

* 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.