

# Nutrition Facts

14 servings per container

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

Amount Per Serving

**Calories**

**100**

**% Daily Value\***

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 20mg **1%**

**Total Carbohydrate** 34g **13%**

Dietary Fiber 3g **12%**

Total Sugars 13g

Includes 0g Added Sugars **0%**

**Protein** 1g

Vitamin D 0mcg **0%**

Calcium 10mg **1%**

Iron 1mg **4%**

Potassium 400 mg **8%**

\* 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.