

# 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** 0mg **0%**

**Total Carbohydrate** 24g **6%**

Dietary Fiber 4g **16%**

Total Sugars 18g

Includes 0g Added Sugars **0%**

**Protein** 1g

Vitamin D 0mcg **0%**

Calcium 20mg **2%**

Iron 1mg **2%**

Potassium 600 mg **12%**

\* 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.