

Nutrition Facts Servings per container 1, **Serving size**

1 cup (110g), Amount per serving: **Calories 90**, **Total Fat** 0g (0% DV), **Saturated Fat** 0g (0% DV), **Trans Fat** 0g, **Cholesterol** 0mg (0% DV), **Sodium** 55mg (2% DV), **Total Carbohydrate** 20g (7% DV), **Dietary Fiber** 1g (4% DV), **Total Sugars** 12g (Includes 0g Added Sugars, 0% DV), **Protein** 2g, **Vitamin D** 0mcg (0% DV), **Calcium** 20mg (2% DV), **Iron** 0.5mg (2% DV), **Potassium** 440mg (10% DV), **Vitamin A** 380mcg (40% DV), **Vitamin C** 13mg (15% DV). The % Daily Value (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.