

Nutrition Facts

Serving size
1 cup (110g)

Calories
per serving

90

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 0g	0%	Total Carbohydrate 22g	8%
Saturated Fat 0g	0%	Dietary Fiber 3g	11%
Trans Fat 0g		Total Sugars 5g	
Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
Sodium 60mg	3%	Protein 2g	

Vitamin D 0mcg 0% • Calcium 33mg 2% • Iron 1mg 6%
Potassium 371mg 8% • Vitamin A 780mcg 90% • Vitamin C 3mg 4%

*The % Daily Value 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.