

# Nutrition Facts

Serving size 1 cup (110g)

Amount per serving

**Calories 90**

% Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 60mg 3%

**Total Carbohydrate** 22g 8%

Dietary Fiber 3g 11%

Total Sugars 5g

Includes 0g Added Sugars 0%

**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.