

# Nutrition Facts

2 servings per container

Serving size

1 cup (83g)

Amount per serving

**Calories**

**20**

% Daily Value\*

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

Saturated Fat 0g **0%**

*Trans* Fat 0g

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

**Sodium** 0mg **0%**

**Total Carbohydrate** 5g **2%**

Dietary Fiber <1g **3%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

**Protein** <1g not a significant source of protein

Vitamin D 0mcg **0%**

Calcium 20mg **0%**

Iron 1.9mg **10%**

Potassium 180mg **4%**

\* 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.



# Nutrition Facts

2 servings per container

Serving size

1 cup (79g)

Amount per serving

**Calories**

**20**

% Daily Value\*

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

Saturated Fat 0g **0%**

*Trans* Fat 0g

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

**Sodium** 0mg **0%**

**Total Carbohydrate** 5g **2%**

Dietary Fiber <1g **2%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

**Protein** <1g not a significant source of protein

Vitamin D 0mcg **0%**

Calcium 20mg **0%**

Iron 1.9mg **10%**

Potassium 200mg **4%**

\* 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.



# Nutrition Facts

2 servings per container

Serving size

1 cup (79g)

Amount per serving

**Calories**

**25**

% Daily Value\*

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

Saturated Fat 0g **0%**

*Trans* Fat 0g

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

**Sodium** 0mg **0%**

**Total Carbohydrate** 5g **2%**

Dietary Fiber <1g **3%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

**Protein** <1g not a significant source of protein

Vitamin D 0mcg **0%**

Calcium 10mg **0%**

Iron 0.4mg **2%**

Potassium 170mg **4%**

\* 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.

