

Nutrition Facts

Serving size

1 cup

Amount Per Serving

Calories

130

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 1g **5%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 1g

Cholesterol < 5mg **1%**

Sodium 70 mg **3%**

Total Carbohydrate 27g **10%**

Dietary Fiber 3g **11%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 2g **4%**

Vitamin D 0mcg **0%**

Calcium 17mg **2%**

Iron 0.4mg **2%**

Potassium 451mg **10%**

*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.