

Nutrition Facts

Serving size **2/3 Cup (85g)**

Amount Per Serving

Calories **30**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 60mg **3%**

Total Carbohydrate 7g **2%**

Dietary Fiber 2g **7%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein < 1g **1%**

Vitamin D 0mcg **0%**

Calcium 36mg **2%**

Iron 0.44mg **2%**

Potassium 235mg **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.