

Nutrition Facts

Serving size

1/4 cup (55g)

Amount per serving

Calories

200

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0g **0%**

Sodium 0g **0%**

Total Carbohydrate 36g **13%**

Dietary Fiber 18g **64%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 12g

Vitamin D 0mcg **0%**

Calcium 49mg **4%**

Iron 4mg **20%**

Potassium 831mg **20%**

*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.