

Nutrition Facts

Serving size

1/2 cup (48g)

Amount per serving

Calories

190

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0g **0%**

Sodium 0g **0%**

Total Carbohydrate 33g **12%**

Dietary Fiber 5g 18%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 6g

Vitamin D 0mcg 0%

Calcium 14mg 2%

Iron 2mg 10%

Potassium 172mg 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.