

Nutrition Facts

Serving size

1/2 cup (45g)

Amount per serving

Calories

180

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 1g **3%**

Trans Fat 0g

Cholesterol 0g **0%**

Sodium 0g **0%**

Total Carbohydrate 31g **11%**

Dietary Fiber 4g **14%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 6g

Vitamin D 0mcg **0%**

Calcium 16mg **2%**

Iron 2mg **10%**

Potassium 167mg **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.