

Nutrition Facts

Serving size

1/3 cup (60g)

Amount per serving

Calories

220

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0g **0%**

Sodium 0g **0%**

Total Carbohydrate 45g **16%**

Dietary Fiber 3g **11%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 9g

Vitamin D 0mcg **0%**

Calcium 9mg **0%**

Iron 1mg **6%**

Potassium 131mg **2%**

*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.