

# Nutrition Facts

Serving size **1/4 cup (45g)**

Amount per serving

**Calories** **160**

% Daily Value\*

**Total Fat** 0g **0%**

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0g **0%**

**Sodium** 10g **0%**

**Total Carbohydrate** 38g **14%**

Dietary Fiber 3g 11%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein** 3g

Vitamin D 0mcg 0%

Calcium 14mg 2%

Iron 1mg 6%

Potassium 801mg 15%

\*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.