

| Nutrition Facts | |
|---|---------------------|
| 1 servings per container | |
| Serving size | 1 cup (100g) |
| Amount per serving | |
| Calories | 90 |
| % Daily Value* | |
| Total Fat 4.5g | 6% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 0mg | 0% |
| Total Carbohydrate 6g | 2% |
| Dietary Fiber 3g | 11% |
| Total Sugars 6g | |
| Includes 0g Added Sugars | 0% |
| Protein 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 36mg | 2% |
| Iron 0.4mg | 2% |
| Potassium 230mg | 5% |
| * The % Daily Values (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2000 calories a day is used for general nutrition advice. | |

