

Nutrition Facts

833 servings per container

Serving size 1/4 cup (30g)

Amount Per Serving

Calories 100

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 22g 8%

Dietary Fiber 1g 4%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 4g 8%

Vitamin D 0mcg 0%

Calcium 7mg 0%

Iron 0.4mg 2%

Potassium 43mg 0%

*The % Daily Value (DV) 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.