

# Nutrition Facts

Serving size

1/4 cup (28g)

Amount per serving

**Calories**

**100**

% Daily Value\*

**Total Fat** 1g **1%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

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

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

**Total Carbohydrate** 19g **7%**

Dietary Fiber 3g **11%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

**Protein** 4g

Vitamin D 0mcg **0%**

Calcium 9mg **0%**

Iron 1mg **6%**

Potassium 193mg **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.