

Nutrition Facts

Serving size

1/4 cup (30g)

Amount per serving

Calories

110

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0g 0%

Sodium 0g 0%

Total Carbohydrate 23g 8%

Dietary Fiber 4g 14%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 4g

Vitamin D 0mcg 0%

Calcium 9mg 0%

Iron 1mg 6%

Potassium 122mg 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.