

Nutrition Facts

~129 servings per container

Serving size 1/4 cup (34g)

Amount Per Serving

Calories **110**

% Daily Value*

Total Fat 1.5g **2%**Saturated Fat 0.26g **1%***Trans* Fat 0g**Cholesterol** 0mg **0%****Sodium** 0mg **0%****Total Carbohydrate** 24g **9%**Dietary Fiber 5g **18%**

Total Sugars 1g

Includes 0g Added Sugars **0%****Protein** 4g **8%**Vitamin D 0mcg **0%**Calcium 4.45mg **0%**Iron 1mg **6%**Potassium 115mg **2%**

*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.