

# Nutrition Facts

4 servings per container

**Serving size**

**Cups (29g)**

**Amount Per Serving**

**Calories**

**120**

**% Daily Value\***

**Total Fat** 10g **13%**

Saturated Fat 1g **5%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 50mg **2%**

**Total Carbohydrate** 15g **5%**

Dietary Fiber 3g **11%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 2g **4%**

Vitamin D 0mcg **0%**

Calcium 0mg **0%**

Iron 1.26mg **8%**

Potassium 0mg **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.