

# NUTRITION FACTS

Serving Size 1/4 cup (Dry) 45g

Servings Per Container 202

Amount Per Serving

**Calories** 110 **Calories from Fat** 20

**% Daily Value\***

**Total Fat** 2g **3%**

Saturated Fat 0g **0%**

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

**Sodium** 25mg **1%**

**Total Carbohydrate** 29g **10%**

Dietary Fiber 14g **56%**

Sugars 1g

**Protein** 8g

Vitamin A 0% \* Vitamin C 0%

Calcium 6% \* Iron 10%

\*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: 416150

Fat 9 \* Carbohydrate 4 \* Protein 4