

Nutrition Facts

varied servings per container

Serving size (100g)

Amount Per Serving

Calories 330

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat .5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 85mg 4%

Total Carbohydrate 73g 27%

Dietary Fiber 20g 71%

Total Sugars 15g

Includes 0g Added Sugars 0%

Protein 14g

Vitamin D 0mcg 0%

Calcium 480mg 35%

Iron 12mg 70%

Potassium 1180mg 25%

* 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.