

NUTRITION FACTS

Serving Size 1/2 cup (122g)

Servings per Container Varied

Amount per Serving

Calories 40

Calories from Fat 0

% Daily Value*

Total Fat 5g 1 %

Saturated Fat 0g 0 %

Trans Fat 0g

Cholesterol 0mg 0 %

Sodium 5mg 0 %

Total Carbohydrate 9g 3 %

Fiber 5g 22 %

Sugars 4g

Protein 2g

Vitamin A 300%

Vitamin C 0%

Calcium 2%

Iron 4%

Vitamin E 0%

Niacin 0%

Phosphorus 0%

Magnesium 0%

Manganese 0%