

Nutrition Facts

Serving size

1/4 cup (31g)

Amount per serving

Calories

120

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0g **0%**

Sodium 0g **0%**

Total Carbohydrate 13g **5%**

Dietary Fiber 11g 39%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 12g **12%**

Vitamin D 0mcg 0%

Calcium 44mg 4%

Iron 6mg 35%

Potassium 391mg 8%

*The % Daily Value 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.