

# Nutrition Facts

**Serving size** 1/2 cup (undrained)  
(125g)

**Amount Per Serving**

**Calories** 60

% Daily Value\*

**Total Fat** 1g 1%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 320mg 14%

**Total Carbohydrate** 13g 5%

Dietary Fiber 2g 7%

Total Sugars 7g

Includes 0g Added Sugars 0%

**Protein** 1g 2%

Vitamin D 0mcg 0%

Calcium 26mg 2%

Iron 0.36mg 2%

Potassium 235mg 4%

\*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.