

Nutrition Facts

Serving Size 1/3 cup (130 g)

Servings Per Container: 14

Amount Per Serving

Calories 110 Calories from Fat 0

% Daily Value*

Total Fat 0.0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 0mg

Total Carbohydrate 28g

Protein 0mg

Calcium > 2% • **Iron** 6%

*Percent Daily Values are based on a diet of 2,000

calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:

Total Fat Less than 65g 80g

Sat Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g