

Nutrition Facts

Serving size

1 cup

Amount Per Serving

Calories

120

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0.3g **2%**

Trans Fat 0g

Polyunsaturated Fat 1.1g

Monounsaturated Fat 0.4g

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Total Carbohydrate 27g **10%**

Dietary Fiber 9g **32%**

Total Sugars 14g

Includes 3g Added Sugars **6%**

Protein 2g **4%**

Vitamin D 0mcg **0%**

Calcium 53mg **4%**

Iron 1mg **6%**

Potassium 414mg **8%**

*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.