

# Nutrition Facts

Serving Size:

◆  cup (125g)

Amount Per Serving

**Calories** **80**

% Daily Value\*

**Total Fat** 4.5g **6%**

Saturated Fat 3g **15%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 330mg **14%**

**Total Carbohydrates** 6g **2%**

Dietary Fiber 2g **7%**

Sugars 3g

Includes 0g Added Sugars **0%**

**Protein** 2g

Vitamin D 0mcg **0%**

Calcium 20mg **2%**

Iron 0.7mg **4%**

Potassium 220mg **5%**

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.