

Nutrition Facts

Serving size 1/4 cup (85g)

Amount Per Serving

Calories **310**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 20mg **1%**

Total Carbohydrate 74g **27%**

Dietary Fiber 5g **18%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein <1g

Vitamin D 0mcg **0%**

Calcium 69.7mg **6%**

Iron 1.7mg **10%**

Potassium 176mg **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.