

# Nutrition Facts

9 servings per container

**Serving size** 1/2 cup (55g)

Amount Per Serving

**Calories** **200**

% Daily Value\*

**Total Fat** 0.5g 1%

Saturated Fat 0g 0%

*Trans* Fat 0g**Cholesterol** 0mg 0%**Sodium** 15mg 1%**Total Carbohydrate** 49g 18%

Dietary Fiber 4g 14%

Total Sugars 2g

Includes 2g Added Sugars 4%

**Protein** 0g 0%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.4mg 2%

Potassium 10mg 0%

\*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.