

Nutrition Facts

Serving Size 1 cup (36g)

Amount Per Serving

Calories 7

Calories from Fat 1

% Daily Values*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 77mg 3%

Total Carbohydrate 1g 0%

Dietary Fiber 1g 2%

Sugars 0g

Protein 1g

Vitamin A 44% ● Vitamin C 18%

Calcium 2% ● Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|--------|--------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |