

Nutrition Facts

Serving Size 1 cup (100g)

Amount Per Serving

Calories 32

Calories from Fat 2

% Daily Values*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat

Cholesterol 0mg **0%**

Sodium 16mg **1%**

Total Carbohydrate 7g **2%**

Dietary Fiber 3g **10%**

Sugars 2g

Protein 2g

Vitamin A 20% ● Vitamin C 31%

Calcium 7% ● Iron 8%

*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 |