

# Nutrition Facts

Serving Size 1 cup (89g)

Amount Per Serving

**Calories** 54

Calories from Fat 0

**% Daily Values\***

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

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

**Sodium** 20mg **1%**

**Total Carbohydrate** 13g **4%**

Dietary Fiber 2g **8%**

Sugars 3g

**Protein** 1g

Vitamin A 30% • Vitamin C 20%

Calcium 6% • Iron 10%

\*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