

# Nutrition Facts

8 servings per container

**Serving size** **2/3 cup (55g)**

**Amount Per Serving**

**Calories** **200**

% Daily Value\*

**Total Fat** 1g **1%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

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

**Sodium** 0mg **0%**

**Total Carbohydrate** 44g **16%**

Dietary Fiber 2g **7%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

**Protein** 7g **14%**

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0.72mg 4%

Potassium 0mg 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.