

# Nutrition Facts

Serving Size 1/4 cup dry (45g)

Servings Per Container

Amount Per Serving

**Calories** 160      **Calories from Fat** 5

% Daily Value\*

**Total Fat** 0g      **0%**

**Saturated Fat** 0g      **0%**

**Trans Fat** 0g

**Cholesterol** 0mg      **0%**

**Sodium** 0mg      **0%**

**Total Carbohydrate** 36g      **12%**

**Dietary Fiber** 1g      **4%**

**Sugars** 0g

**Protein** 3g

**Vitamin A** 0%      • **Vitamin C** 0%

**Calcium** 2%      • **Iron** 10%

**Thiamin** 15%      • **Niacin** 10%

**Folate** 25%

\*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
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300 mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4