

Nutrition Facts

Serving size

1 Cup (49g)

Amount Per Serving

Calories

220

% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 80mg **27%**

Sodium 30mg **1%**

Total Carbohydrate 23g **8%**

Dietary Fiber 0g **0%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 6g **12%**

Vitamin D 0mcg **0%**

Calcium 0mg **0%**

Iron 1.44mg **8%**

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.