

Nutrition Facts

8 servings per container

Serving size 1/4 cup dry (45g)

Amount Per Serving

Calories **140**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0.3g **2%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 31g **11%**

Dietary Fiber 4g **14%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 5g **10%**

Vitamin D 0mcg **0%**

Calcium 5.4mg **0%**

Iron 1mg **6%**

Potassium 187mg **4%**

*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.