

Nutrition Facts

8 servings per container

Serving size 1/4 cup dry (45g)

Amount Per Serving

Calories **170**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0.4g **2%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 35g **13%**

Dietary Fiber 4g **14%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 6g **12%**

Vitamin D 0mcg **0%**

Calcium 6.1mg **0%**

Iron 1.1mg **6%**

Potassium 207mg **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.