

# Nutrition Facts

about 23 servings per container

**Serving size** 1/4 cup (40g)

**Amount Per Serving**

**Calories** **120**

**% Daily Value\***

**Total Fat** 1.5g **2%**

Saturated Fat 0.24g **1%**

*Trans* Fat 0.01g

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

**Sodium** 90mg **4%**

**Total Carbohydrate** 23g **8%**

Dietary Fiber 3g **11%**

Total Sugars 8g

Includes 3g Added Sugars **6%**

**Protein** 3g **6%**

Not a significant source of vitamin D, calcium, iron, and potassium

\*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.