

Nutrition Facts

9 servings per container

Serving size 1/4 cup dry (41g)

Amount Per Serving

Calories **140**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0.1g **1%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 34g **12%**

Dietary Fiber < 1g **2%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 2g **4%**

Vitamin D 0mcg **0%**

Calcium 4.2mg **0%**

Iron 0.3mg **2%**

Potassium 50.2mg **2%**

*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.