

Nutrition Facts Serving size **1 cup (110g)**, Amount per

serving: **Calories 90**, **Total Fat** 0g (0% DV), Saturated Fat 0g (0% DV), Trans Fat 0g, **Cholesterol** 0mg (0% DV), **Sodium** 60mg (3% DV), **Total Carbohydrate** 22g (8% DV), Dietary Fiber 3g (11% DV), Total Sugars 5g (Includes 0g Added Sugars, 0% DV), **Protein** 2g, Vitamin D 0mcg (0% DV), Calcium 33mg (2% DV), Iron 1mg (6% DV), Potassium 371mg (8% DV), Vitamin A 780mcg (90% DV), Vitamin C 3mg (4% DV). 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.