



# Nutrition Facts

**Serving size** 1 cup

**Amount Per Serving**

**Calories** 10

% Daily Value\*

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	<b>0%</b>
Vitamin D 0mcg	0%
Calcium 13mg	0%
Iron 0.3mg	2%
Potassium 102mg	2%
Vitamin A 18mcg	2%
Vitamin C 2mg	2%
Vitamin K 17mcg	15%
Folate 21mcg	6%
Phosphorus 14mg	2%
Magnesium 5mg	2%
Zinc 0.11mg	0%

\*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.