



Nutrition Facts

Serving size 1 cup

Amount Per Serving

Calories 10

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 0g	0%
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.