



Nutritional Facts

- **Serving Size:** 1 cup
- **Serving Weight:** 149g

Nutrient Value

• Calories	30 kCal
• Total Carbs	7 g
○ Net Carbs	4 g
○ Fiber	3 g
○ Starch	-
○ Sugar	4 g
○ Sugar Alcohols	-
• Protein	1 g
• Fat	-
○ Monounsat. Fat	-
○ Polyunsat. Fat	-
○ Saturated Fat	-
○ Cholesterol	-
• Glycemic Load	-

Supplemental

Value

• Calcium	10 mg
• Iron	0.5 mg
• Sodium	4 mg
• Vitamin A	165 mcg
• Vitamin C	120 mg
• Vitamin D	0 mcg