

# Nutrition Facts

Serving Size 3/4 cup (56g/2oz dry)

Servings Per Container about 6

## Amount Per Serving

**Calories** 200      Calories from Fat 10

**% Daily Value\***

**Total Fat** 1.5g      **2%**

Saturated Fat 0g      **0%**

*Trans* Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 0mg      **0%**

**Total Carbohydrate** 35g      **12%**

Dietary Fiber 15g      **60%**

Sugars 2g

**Protein** 14g

Vitamin A 0%      •      Vitamin C 0%

Calcium 8%      •      Iron 20%

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9      •      Carbohydrate 4      •      Protein 4