

Serving Size: 1/2 cup (124g)

Amount Per Serving

	1/2 cup
Calories	
	60
Calories from Fat	
	0
	% Daily Value*
Total Fat 0g	
	0%
Saturated Fat 0g	
	0%
Trans Fat 0g	
Cholesterol 0mg	
	0%
Sodium 5mg	
	0%
Potassium 170mg	

	5%
Total Carbohydrate 15g	
	5%
Dietary Fiber 1g	
	4%
Sugars 12g	
Protein 1g	
Vitamin A	
	4%
Vitamin C	
	4%
Calcium	
	0%
Iron	
	2%

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