

Nutrition Facts

Serving Size: 1/4 cup dry (45g)

Amount per Serving

Calories 110

Calories from Fat 18.0

	% Daily Value *
Total Fat 2g	3%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 29g	9%
Dietary Fiber 14g	56%
Sugars 1g	
Protein 8g	16%
Est. Percent of Calories from:	
Fat	10.8%
Carbs	69.9%
Protein	19.3%