

# Nutrition Data

## Nutrition Facts

Serving Size 6 g

### Amount Per Serving

**Calories** 20 Calories from Fat 7

% Daily Value<sup>\*</sup>

**Total Fat** 1g 1%

Saturated Fat 0g 1%

Trans Fat

**Cholesterol** 0mg 0%

**Sodium** 2mg 0%

**Total Carbohydrate** 4g 1%

Dietary Fiber 3g 10%

Sugars 1g

**Protein** 1g

Vitamin A 71% • Vitamin C 8%

Calcium 1% • Iron 9%

<sup>\*</sup>Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Weight loss: ★★★★★

Optimum health: ★★★★★

Weight gain: ★★★☆☆

**The good:** This food is very low in Cholesterol and Sodium. It is also a good source of Thiamin, Magnesium, Phosphorus, Copper and Manganese, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin E (Alpha Tocopherol), Vitamin K, Riboflavin, Niacin, Vitamin B6, Iron and Potassium.