Ingredients | **Nutrition** | Recipes

NUTRITION FACTS

Serving Size 2 Tablespoons (dry) (35g)
Servings per Container Varied

Amount per Serving	
Calories 90	Calories from Fat 5
	% Daily Value*
Total Fat .5g	1 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 5mg	0 %
Total Carbohydrate 23g	8 %
Fiber 7g	28 %
Sugars 1g	
Protein 6g	

Vitamin A 0%	**Vitamin C 0%**
Calcium 2%	**Iron 6%**

Last Changed: 1/27/2012