

Nutrition Facts

Servings: 6

Amount per serving

Calories **19**

% Daily Value*

Total Fat 0.1g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 938mg **41%**

Total Carbohydrate 4.5g **2%**

Dietary Fiber 2.7g **10%**

Total Sugars 2.3g

Protein 0.8g

Vitamin D 0mcg **0%**

Calcium 7mg **1%**

Iron 0mg **1%**

Potassium 175mg **4%**

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.*

Recipe analyzed by **verywell**