

Nutrition Facts

4 servings per container

Serving size

2 cups

Amount Per Serving

Calories

510

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 1.787g **9%**

Trans Fat 0.102g

Polyunsaturated Fat 2.178g

Monounsaturated Fat 2.045g

Cholesterol 100mg **33%**

Sodium 1380mg **60%**

Total Carbohydrate 62g **23%**

Dietary Fiber 16g **57%**

Total Sugars 25g

Includes 10g Added Sugars **20%**

Sugar Alcohol 0g

Protein 51g **102%**

Vitamin D 0.142mcg 0%

Calcium 350mg 25%

Iron 6.622mg 35%

Potassium 1854mg 40%

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