

Nutrition Facts

6 servings per container

Serving size

1/2 cup

Amount Per Serving

Calories

120

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 0.424g **2%**

Trans Fat 0.018g

Polyunsaturated Fat 1.465g

Monounsaturated Fat 2.946g

Cholesterol 0mg **0%**

Sodium 240mg **10%**

Total Carbohydrate 18g **7%**

Dietary Fiber 4g **14%**

Total Sugars 9g

Includes 0g Added Sugars **0%**

Sugar Alcohol 0g

Protein 3g **6%**

Vitamin D 0mcg **0%**

Calcium 117mg **8%**

Iron 3.144mg **15%**

Potassium 648mg **15%**

*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.