

Nutrition Facts

Serving size 1/2 cup

Amount Per Serving

Calories **280**

% Daily Value*

Total Fat 10g **13%**

Saturated Fat 1.6g **8%**

Trans Fat 0g

Polyunsaturated Fat 5g

Monounsaturated Fat 2g

Cholesterol 25mg **8%**

Sodium 625mg **46%**

Total Carbohydrate 40g **15%**

Dietary Fiber 7g **25%**

Total Sugars 10g

Includes 0g Added Sugars **0%**

Protein 11g **22%**

Vitamin D 0.2mcg 0%

Calcium 101mg 8%

Iron 3mg 15%

Potassium 793mg 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.