

Nutrition Facts

Serving size 1 cup

Amount Per Serving

Calories 190

% Daily Value*

Total Fat 11g 14%

Saturated Fat 1.7g 9%

Trans Fat 0g

Polyunsaturated Fat 6.3g

Monounsaturated Fat 2.5g

Cholesterol 0mg 0%

Sodium 520mg 23%

Total Carbohydrate 22g 8%

Dietary Fiber 6g 21%

Total Sugars 11g

Includes 7g Added Sugars 14%

Protein 5g 10%

Vitamin D 0mcg 0%

Calcium 68mg 6%

Iron 2.2mg 10%

Potassium 603mg 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.