

# Nutrition Facts

Serving size

1 cup

Amount Per Serving

**Calories**

**340**

% Daily Value\*

**Total Fat** 7g **9%**

Saturated Fat 2.8g **14%**

*Trans* Fat 0g

Polyunsaturated Fat 1.2g

Monounsaturated Fat 1.3g

**Cholesterol** 10mg **3%**

**Sodium** 260mg **11%**

**Total Carbohydrate** 62g **23%**

Dietary Fiber 8g **29%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

**Protein** 12g **24%**

Vitamin D 0mcg **0%**

Calcium 49mg **4%**

Iron 3.4mg **20%**

Potassium 393mg **8%**

\*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.