

Nutrition Facts

6 servings per container

Serving size

1 cups

Amount Per Serving

Calories

220

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 4.444g **22%**

Trans Fat 0.194g

Polyunsaturated Fat 0.369g

Monounsaturated Fat 1.998g

Cholesterol 20mg **6%**

Sodium 660mg **29%**

Total Carbohydrate 30g **11%**

Dietary Fiber 3g **11%**

Total Sugars 10g

Includes 8g Added Sugars **16%**

Sugar Alcohol 0g

Protein 10g **20%**

Vitamin D 0.125mcg **0%**

Calcium 274mg **20%**

Iron 1.308mg **8%**

Potassium 249mg **6%**

*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.