

Nutrition Facts

4 servings per container

Serving size

1 cup

Amount Per Serving

Calories

160

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 0.6g **3%**

Trans Fat 0g

Polyunsaturated Fat 2g

Monounsaturated Fat 0.8g

Cholesterol < 5mg **1%**

Sodium 230mg **10%**

Total Carbohydrate 27g **10%**

Dietary Fiber 2g **7%**

Total Sugars 7g

Includes 0g Added Sugars **0%**

Protein 6g **12%**

Vitamin D 0mcg **0%**

Calcium 147mg **10%**

Iron 1.1mg **6%**

Potassium 706mg **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.