

Nutrition Facts

6 servings per container

Serving size

1 cup

Amount Per Serving

Calories

160

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 1.029g **5%**

Trans Fat 0.048g

Polyunsaturated Fat 2g

Monounsaturated Fat 1.195g

Cholesterol 35mg **12%**

Sodium 50mg **2%**

Total Carbohydrate 15g **5%**

Dietary Fiber 6g **21%**

Total Sugars 9g

Includes 0g Added Sugars **0%**

Protein 16g **32%**

Vitamin D 0.116mcg **0%**

Calcium 65mg **4%**

Iron 1.879mg **10%**

Potassium 856mg **20%**

*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.