

# Nutrition Facts

8 servings per container

**Serving size**

**2 cups**

**Amount Per Serving**

**Calories**

**250**

**% Daily Value\***

**Total Fat** 4.5g **6%**

Saturated Fat 0.694g **3%**

*Trans* Fat 0.018g

Polyunsaturated Fat 2.253g

Monounsaturated Fat 0.983g

**Cholesterol** 0mg **0%**

**Sodium** 250mg **11%**

**Total Carbohydrate** 44g **16%**

Dietary Fiber 8g **29%**

Total Sugars 6g

Includes < 1g Added Sugars **2%**

Sugar Alcohol 0g

**Protein** 10g **20%**

Vitamin D 0mcg **0%**

Calcium 51mg **4%**

Iron 3.268mg **20%**

Potassium 858mg **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.