

# Nutrition Facts

4 servings per container

**Serving size**

**1.5 cups**

**Amount Per Serving**

**Calories**

**250**

**% Daily Value\***

**Total Fat** 4g **5%**

Saturated Fat 0.729g **4%**

*Trans* Fat 0.012g

Polyunsaturated Fat 2.119g

Monounsaturated Fat 0.75g

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

**Sodium** 620mg **27%**

**Total Carbohydrate** 42g **15%**

Dietary Fiber 14g **50%**

Total Sugars 9g

Includes 4g Added Sugars **8%**

Sugar Alcohol 0g

**Protein** 13g **26%**

Vitamin D 0mcg **0%**

Calcium 61mg **4%**

Iron 3.879mg **20%**

Potassium 935mg **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.