

Nutrition Facts

Serving size 1/4 cup

Amount Per Serving

Calories 130

% Daily Value*

Total Fat 5g 6%

Saturated Fat 0.6g 3%

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 2.8g

Cholesterol 0mg 0%

Sodium 290mg 13%

Total Carbohydrate 15g 5%

Dietary Fiber 4g 14%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 5g 10%

Vitamin D 0mcg 0%

Calcium 34mg 2%

Iron 0.8mg 4%

Potassium 81mg 2%

*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.