

# Nutrition Facts

**Serving size**

**1/2 cup**

**Amount Per Serving**

**Calories**

**90**

**% Daily Value\***

**Total Fat** 5g **6%**

Saturated Fat 0.7g **4%**

*Trans* Fat 0g

Polyunsaturated Fat 0.6g

Monounsaturated Fat 3.3g

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

**Sodium** 30mg **1%**

**Total Carbohydrate** 8g **3%**

Dietary Fiber 4g **14%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

**Protein** 2g **4%**

Vitamin D 0mcg **0%**

Calcium 82mg **6%**

Iron 1.5mg **8%**

Potassium 403mg **8%**

\*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.