

Nutrition Facts

6 servings per container

Serving size

1 1/2 cups

Amount Per Serving

Calories

190

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 2g **10%**

Trans Fat 0.11g

Polyunsaturated Fat 0.223g

Monounsaturated Fat 0.81g

Cholesterol 10mg **3%**

Sodium 280mg **12%**

Total Carbohydrate 29g **11%**

Dietary Fiber 4g **14%**

Total Sugars 8g

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

Sugar Alcohol 0g

Protein 11g **22%**

Vitamin D 1.015mcg **6%**

Calcium 293mg **25%**

Iron 2mg **10%**

Potassium 956mg **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.