

Nutrition Facts

4 servings per container

Serving size

1 cup

Amount Per Serving

Calories

120

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 1.391g **7%**

Trans Fat 0.059g

Polyunsaturated Fat 2.316g

Monounsaturated Fat 1.193g

Cholesterol < 5mg **1%**

Sodium 95mg **4%**

Total Carbohydrate 14g **5%**

Dietary Fiber 2g **7%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 4g **8%**

Vitamin D 0.025mcg **0%**

Calcium 67mg **6%**

Iron 1.265mg **8%**

Potassium 278mg **6%**

*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.