

# Nutrition Facts

**Serving size** 1 cup

**Amount Per Serving**

**Calories** 260

**% Daily Value\***

**Total Fat** 13g 17%

Saturated Fat 3g 15%

*Trans* Fat 0g

Polyunsaturated Fat 4g

Monounsaturated Fat 5.4g

**Cholesterol** 10mg 3%

**Sodium** 760mg 33%

**Total Carbohydrate** 34g 12%

Dietary Fiber 4g 14%

Total Sugars 16g

Includes 10g Added Sugars 20%

**Protein** 4g 8%

Vitamin D 0mcg 0%

Calcium 105mg 8%

Iron 1mg 6%

Potassium 417mg 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.