

Nutrition Facts

4 servings per container

Serving size

1 cup

Amount Per Serving

Calories

100

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 1g **5%**

Trans Fat 0.011g

Polyunsaturated Fat 0.83g

Monounsaturated Fat 5g

Cholesterol 0mg **0%**

Sodium 300mg **13%**

Total Carbohydrate 8g **3%**

Dietary Fiber 2g **7%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Sugar Alcohol 0g

Protein 2g **4%**

Vitamin D 0mcg **0%**

Calcium 28mg **2%**

Iron 0.628mg **4%**

Potassium 367mg **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.