

Nutrition Facts

Serving size

1 cup

Amount Per Serving

Calories

150

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 1.4g **7%**

Trans Fat 0g

Polyunsaturated Fat 3.4g

Monounsaturated Fat 1.9g

Cholesterol 0mg **0%**

Sodium 300mg **13%**

Total Carbohydrate 18g **7%**

Dietary Fiber 3g **11%**

Total Sugars 6g

Includes 2g Added Sugars **4%**

Protein 4g **8%**

Vitamin D 0mcg **0%**

Calcium 52mg **4%**

Iron 0.9mg **4%**

Potassium 283mg **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.