

Nutrition Facts

Serving size 3/4 cup

Amount Per Serving

Calories 140

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1.5g 8%

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 5g

Cholesterol < 5mg 1%

Sodium 500mg 22%

Total Carbohydrate 15g 5%

Dietary Fiber 4g 14%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 5g 10%

Vitamin D 0mcg 0%

Calcium 112mg 8%

Iron 1.6mg 8%

Potassium 375mg 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.