

# Nutrition Facts

Serving size 1 cup

Amount Per Serving

**Calories** 180

% Daily Value\*

**Total Fat** 2g 3%

Saturated Fat 0.3g 2%

*Trans* Fat 0g

Polyunsaturated Fat 0.6g

Monounsaturated Fat 0g

**Cholesterol** 10mg 3%

**Sodium** 340mg 15%

**Total Carbohydrate** 31g 11%

Dietary Fiber 4g 14%

Total Sugars 4g

Includes 1g Added Sugars 2%

**Protein** 12g 24%

Vitamin D 0.3mcg 2%

Calcium 31mg 2%

Iron 2.3mg 15%

Potassium 271mg 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.