

Nutrition Facts

4 servings per container

Serving size

2 cups

Amount Per Serving

Calories

400

% Daily Value*

Total Fat 38g **49%**

Saturated Fat 5g **25%**

Trans Fat 0.145g

Polyunsaturated Fat 19g

Monounsaturated Fat 12g

Cholesterol 0mg **0%**

Sodium 710mg **31%**

Total Carbohydrate 15g **5%**

Dietary Fiber 5g **18%**

Total Sugars 8g

Includes 1g Added Sugars **2%**

Sugar Alcohol 0g

Protein 5g **10%**

Vitamin D 0mcg **0%**

Calcium 136mg **10%**

Iron 4mg **20%**

Potassium 828mg **20%**

*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.