

# Nutrition Facts

Serving size

1 cup

Amount Per Serving

**Calories**

**320**

% Daily Value\*

**Total Fat** 11g **14%**

Saturated Fat 3.7g **19%**

*Trans* Fat 0g

Polyunsaturated Fat 3.3g

Monounsaturated Fat 2.7g

**Cholesterol** 30mg **10%**

**Sodium** 330mg **0%**

**Total Carbohydrate** 37g **13%**

Dietary Fiber 5g **18%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

**Protein** 20g **40%**

Vitamin D 0.8mcg 4%

Calcium 231mg 20%

Iron 2.3mg 15%

Potassium 381mg 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.