

# Nutrition Facts

8 servings per container

**Serving size**

**1/2 cup**

**Amount Per Serving**

**Calories**

**210**

**% Daily Value\***

**Total Fat** 10g **13%**

Saturated Fat 1.6g **8%**

*Trans* Fat 0.048g

Polyunsaturated Fat 5.737g

Monounsaturated Fat 2.29g

**Cholesterol** 0mg **0%**

**Sodium** 80mg **3%**

**Total Carbohydrate** 25g **9%**

Dietary Fiber 8g **29%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

**Protein** 7g **14%**

Vitamin D 0mcg **0%**

Calcium 68mg **6%**

Iron 1.8mg **10%**

Potassium 413mg **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.