

Nutrition Facts

Serving size

2 cups

Amount Per Serving

Calories

570

% Daily Value*

Total Fat 11g **14%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 760mg **33%**

Total Carbohydrate 88g **32%**

Dietary Fiber 10g **36%**

Total Sugars 13g

Includes 3g Added Sugars **6%**

Protein 35g **70%**

Vitamin D 0.4mcg 2%

Calcium 117mg 8%

Iron 4.68mg 25%

Potassium 752mg 15%

Vitamin A 540mcg 60%

Vitamin C 58.5mg 60%

Folate 80mcg 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.