

# Nutrition Facts

**Serving size** 1 cup

**Amount Per Serving**

**Calories** 130

**% Daily Value\***

**Total Fat** 2.5g 3%

Saturated Fat 1.3g 7%

*Trans* Fat 0g

Polyunsaturated Fat 0.2g

Monounsaturated Fat 0.6g

**Cholesterol** 5mg 2%

**Sodium** 560mg 24%

**Total Carbohydrate** 23g 8%

Dietary Fiber 3g 11%

Total Sugars 7g

Includes 6g Added Sugars 12%

**Protein** 4g 8%

Vitamin D 0mcg 0%

Calcium 109mg 8%

Iron 0.8mg 4%

Potassium 224mg 4%

\*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.