

# Nutrition Facts

**Serving size** 1 1/2 cups

**Amount Per Serving**

**Calories** 460

**% Daily Value\***

**Total Fat** 12g 15%

Saturated Fat 4g 20%

*Trans* Fat 0g

Polyunsaturated Fat 1.3g

Monounsaturated Fat 4.5g

**Cholesterol** 55mg 18%

**Sodium** 520mg 23%

**Total Carbohydrate** 60g 22%

Dietary Fiber 9g 32%

Total Sugars 7g

Includes 0g Added Sugars 0%

**Protein** 30g 60%

Vitamin D 0mcg 0%

Calcium 81mg 6%

Iron 6.4mg 35%

Potassium 1123mg 25%

\*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.