

Nutrition Facts

Serving size

1 cup

Amount Per Serving

Calories

250

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 1.3g **7%**

Trans Fat 0g

Polyunsaturated Fat 1.4g

Monounsaturated Fat 4.2g

Cholesterol 25mg **8%**

Sodium 70mg **3%**

Total Carbohydrate 32g **12%**

Dietary Fiber 8g **29%**

Total Sugars 10g

Includes 0g Added Sugars **0%**

Protein 16g **32%**

Vitamin D 0mcg **0%**

Calcium 54mg **4%**

Iron 2mg **10%**

Potassium 543mg **10%**

*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.