

# Nutrition Facts

4 servings per container

**Serving size**

**2 cups**

**Amount Per Serving**

**Calories**

**470**

**% Daily Value\***

**Total Fat** 25g **32%**

Saturated Fat 2.07g **10%**

*Trans* Fat 0.054g

Polyunsaturated Fat 7.377g

Monounsaturated Fat 14.46g

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

**Sodium** 440mg **19%**

**Total Carbohydrate** 58g **21%**

Dietary Fiber 10g **36%**

Total Sugars 24g

Includes 10g Added Sugars **20%**

Sugar Alcohol 0g

**Protein** 11g **22%**

Vitamin D 0mcg **0%**

Calcium 173mg **15%**

Iron 3.37mg **20%**

Potassium 799mg **15%**

\*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.