

Nutrition Facts

Serving size

1 1/4 cups

Amount Per Serving

Calories

430

% Daily Value*

Total Fat 19g **24%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Polyunsaturated Fat 6g

Monounsaturated Fat 7g

Cholesterol 150mg **50%**

Sodium 620mg **27%**

Total Carbohydrate 47g **17%**

Dietary Fiber 9g **32%**

Total Sugars 10g

Includes 5g Added Sugars **10%**

Protein 22g **44%**

Vitamin D 0mcg **0%**

Calcium 91mg **8%**

Iron 3.3mg **20%**

Potassium 486mg **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.