

Nutrition Facts

6 servings per container

Serving size

1 cup

Amount Per Serving

Calories

290

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 0.421g **2%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 0.433g

Cholesterol 0mg **0%**

Sodium 50mg **2%**

Total Carbohydrate 56g **20%**

Dietary Fiber 17g **61%**

Total Sugars 11g

Includes 0g Added Sugars **0%**

Sugar Alcohol 0g

Protein 16g **32%**

Vitamin D 0mcg **0%**

Calcium 140mg **10%**

Iron 4mg **20%**

Potassium 1106mg **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.