

Nutrition Facts

Serving size 1/3 cup

Amount Per Serving

Calories **160**

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 0.7g **4%**

Trans Fat 0g

Polyunsaturated Fat 2g

Monounsaturated Fat 1g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 24g **9%**

Dietary Fiber 6g **21%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 8g **16%**

Vitamin D 0mcg **0%**

Calcium 75mg **6%**

Iron 1.6mg **8%**

Potassium 323mg **6%**

*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.