

# Nutrition Facts

**Serving size**

**2 cups**

**Amount Per Serving**

**Calories**

**490**

**% Daily Value\***

**Total Fat** 10g **13%**

Saturated Fat 3.8g **19%**

*Trans* Fat 0g

Polyunsaturated Fat 2.1g

Monounsaturated Fat 2.7g

**Cholesterol** 85mg **28%**

**Sodium** 620mg **27%**

**Total Carbohydrate** 57g **21%**

Dietary Fiber 17g **61%**

Total Sugars 20g

Includes 10g Added Sugars **20%**

**Protein** 45g **90%**

Vitamin D 0.2mcg 0%

Calcium 390mg 30%

Iron 6.4mg 35%

Potassium 1765mg 40%

\*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.