

Nutrition Facts

Serving size

1 cup

Amount Per Serving

Calories

310

% Daily Value*

Total Fat 12g **15%**

Saturated Fat 2.2g **11%**

Trans Fat 0g

Polyunsaturated Fat 5.8g

Monounsaturated Fat 3g

Cholesterol 50mg **17%**

Sodium 340mg **15%**

Total Carbohydrate 31g **11%**

Dietary Fiber 4g **14%**

Total Sugars 25g

Includes 1g Added Sugars **2%**

Protein 20g **40%**

Vitamin D 0mcg **0%**

Calcium 52mg **4%**

Iron 1.8mg **10%**

Potassium 603mg **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.