

Nutrition Facts

Serving size

1 cup

Amount Per Serving

Calories

130

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0.4g **2%**

Trans Fat 0g

Polyunsaturated Fat 1.1g

Monounsaturated Fat 0.5g

Cholesterol 0mg **0%**

Sodium 270mg **12%**

Total Carbohydrate 21g **8%**

Dietary Fiber 6g **21%**

Total Sugars 4g

Includes 1g Added Sugars **2%**

Protein 7g **14%**

Vitamin D 0mcg **0%**

Calcium 56mg **4%**

Iron 3.6mg **20%**

Potassium 504mg **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.