

Nutrition Facts

10 servings per container

Serving size

1/2 cup

Amount Per Serving

Calories

140

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 0.973g **5%**

Trans Fat 0.013g

Polyunsaturated Fat 3g

Monounsaturated Fat 1.3g

Cholesterol < 5mg **1%**

Sodium 210mg **9%**

Total Carbohydrate 20g **7%**

Dietary Fiber 3g **11%**

Total Sugars 3g

Includes < 1g Added Sugars **1%**

Sugar Alcohol 0g

Protein 4g **8%**

Vitamin D 0mcg **0%**

Calcium 29mg **2%**

Iron 1mg **6%**

Potassium 236mg **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.