

Nutrition Facts

Serving size

2/3 cup

Amount Per Serving

Calories

80

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 0.7g **4%**

Trans Fat 0g

Polyunsaturated Fat 2.7g

Monounsaturated Fat 1g

Cholesterol 0mg **0%**

Sodium 370mg **16%**

Total Carbohydrate 10g **4%**

Dietary Fiber 2g **7%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 2g **4%**

Vitamin D 0mcg **0%**

Calcium 31mg **2%**

Iron 1mg **6%**

Potassium 223mg **4%**

*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.