

# Nutrition Facts

4 servings per container

**Serving size**

**1 cup**

**Amount Per Serving**

**Calories**

**60**

**% Daily Value\***

**Total Fat** 4g **5%**

Saturated Fat 0.5g **3%**

*Trans* Fat 0g

Polyunsaturated Fat 2g

Monounsaturated Fat 0.7g

**Cholesterol** 0mg **0%**

**Sodium** 600mg **26%**

**Total Carbohydrate** 7g **3%**

Dietary Fiber 3g **11%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

**Protein** 2g **4%**

Vitamin D 0mcg **0%**

Calcium 38mg **2%**

Iron 1mg **6%**

Potassium 212mg **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.