

# Nutrition Facts

6 servings per container

**Serving size**

**1 cup**

**Amount Per Serving**

**Calories**

**290**

**% Daily Value\***

**Total Fat** 8g **10%**

Saturated Fat 1.743g **9%**

*Trans* Fat 0.033g

Polyunsaturated Fat 2.147g

Monounsaturated Fat 3.401g

**Cholesterol** 25mg **8%**

**Sodium** 300mg **13%**

**Total Carbohydrate** 39g **14%**

Dietary Fiber 9g **32%**

Total Sugars 9g

Includes < 1g Added Sugars **2%**

Sugar Alcohol 0g

**Protein** 19g **38%**

Vitamin D 0.034mcg 0%

Calcium 107mg 8%

Iron 2.971mg 15%

Potassium 590mg 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.