

Nutrition Facts

6 servings per container

Serving size

1 cup

Amount Per Serving

Calories

160

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 0.573g **3%**

Trans Fat 0.008g

Polyunsaturated Fat 1.937g

Monounsaturated Fat 2.255g

Cholesterol 0mg **0%**

Sodium 320mg **14%**

Total Carbohydrate 29g **11%**

Dietary Fiber 4g **14%**

Total Sugars 23g

Includes 13g Added Sugars **26%**

Sugar Alcohol 0g

Protein 1g **2%**

Vitamin D 0mcg **0%**

Calcium 37mg **2%**

Iron 0.578mg **4%**

Potassium 231mg **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.