

Nutrition Facts

Serving size

3/4 cup

Amount Per Serving

Calories

250

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Polyunsaturated Fat 0.8g

Monounsaturated Fat 1.6g

Cholesterol 20mg **7%**

Sodium 400mg **17%**

Total Carbohydrate 38g **14%**

Dietary Fiber 5g **18%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 12g **24%**

Vitamin D 0.4mcg **2%**

Calcium 167mg **15%**

Iron 2.2mg **10%**

Potassium 328mg **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.