

# Nutrition Facts

6 servings per container

**Serving size**

**1 cup**

**Amount Per Serving**

**Calories**

**190**

**% Daily Value\***

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

Saturated Fat 1g **5%**

*Trans* Fat 0.305g

Polyunsaturated Fat 1.071g

Monounsaturated Fat 1.5g

**Cholesterol** 45mg **15%**

**Sodium** 500mg **22%**

**Total Carbohydrate** 16g **6%**

Dietary Fiber 3g **11%**

Total Sugars 5g

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

Sugar Alcohol 0g

**Protein** 22g **44%**

Vitamin D 0.383mcg **2%**

Calcium 99mg **8%**

Iron 2mg **10%**

Potassium 519mg **10%**

\*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.