

# Nutrition Facts

**Serving size** 1/2 cup

**Amount Per Serving**

**Calories** **280**

**% Daily Value\***

**Total Fat** 9g **12%**

Saturated Fat 3g **15%**

*Trans* Fat 0g

Polyunsaturated Fat 2g

Monounsaturated Fat 3.6g

**Cholesterol** < 5mg **1%**

**Sodium** 90mg **4%**

**Total Carbohydrate** 32g **12%**

Dietary Fiber 9g **32%**

Total Sugars 19g

Includes 17g Added Sugars **34%**

**Protein** 10g **20%**

Vitamin D 0mcg **0%**

Calcium 89mg **6%**

Iron 2.2mg **10%**

Potassium 413mg **8%**

\*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.