

Nutrition Facts

4 servings per container

Serving size

1.5 cups

Amount Per Serving

Calories

370

% Daily Value*

Total Fat 24g **31%**

Saturated Fat 7g **35%**

Trans Fat 0.15g

Polyunsaturated Fat 5g

Monounsaturated Fat 11g

Cholesterol 75mg **25%**

Sodium 870mg **38%**

Total Carbohydrate 14g **5%**

Dietary Fiber 4g **14%**

Total Sugars 7g

Includes 0g Added Sugars **0%**

Sugar Alcohol 0g

Protein 25g **50%**

Vitamin D 0.43mcg **2%**

Calcium 84mg **6%**

Iron 2mg **10%**

Potassium 701mg **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.