

Nutrition Facts

4 servings per container

Serving size

1 cup

Amount Per Serving

Calories

180

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0.373g **2%**

Trans Fat 0g

Polyunsaturated Fat 0.952g

Monounsaturated Fat 0.507g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 36g **13%**

Dietary Fiber 10g **36%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

Protein 9g **18%**

Vitamin D 0mcg **0%**

Calcium 62mg **4%**

Iron 2.186mg **10%**

Potassium 560mg **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.