

# Nutrition Facts

Serving size

1 cup

Amount Per Serving

**Calories**

**320**

% Daily Value\*

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

Saturated Fat 2.3g **12%**

*Trans* Fat 0g

Polyunsaturated Fat 3.1g

Monounsaturated Fat 3g

**Cholesterol** 30mg **10%**

**Sodium** 690mg **30%**

**Total Carbohydrate** 40g **15%**

Dietary Fiber 9g **32%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

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

Vitamin D 0mcg **0%**

Calcium 190mg **15%**

Iron 3mg **15%**

Potassium 623mg **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.