

Nutrition Facts

Serving size 1 cup

Amount Per Serving

Calories **90**

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 0.6g **3%**

Trans Fat 0g

Polyunsaturated Fat 2.3g

Monounsaturated Fat 1g

Cholesterol 0mg **0%**

Sodium 170mg **7%**

Total Carbohydrate 11g **4%**

Dietary Fiber 1g **4%**

Total Sugars 9g

Includes 0g Added Sugars **0%**

Protein 2g **4%**

Vitamin D 0mcg **0%**

Calcium 44mg **4%**

Iron 0.4mg **2%**

Potassium 207mg **4%**

*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.