

Nutrition Facts

4 servings per container

Serving size

3/4 cup

Amount Per Serving

Calories

120

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 2g **10%**

Trans Fat 0.11g

Polyunsaturated Fat 2g

Monounsaturated Fat 2g

Cholesterol 10mg **3%**

Sodium 500mg **22%**

Total Carbohydrate 12g **4%**

Dietary Fiber 4g **14%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Sugar Alcohol 0g

Protein 6g **12%**

Vitamin D 0.053mcg **0%**

Calcium 112mg **8%**

Iron 0.949mg **6%**

Potassium 662mg **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.