

Nutrition Facts

Serving size 1 cup

Amount Per Serving

Calories 180

% Daily Value*

Total Fat 9g 12%

Saturated Fat 3g 15%

Trans Fat 0g

Polyunsaturated Fat 3g

Monounsaturated Fat 2g

Cholesterol 10mg 3%

Sodium 380mg 17%

Total Carbohydrate 22g 8%

Dietary Fiber 3g 11%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 5g 10%

Vitamin D 0mcg 0%

Calcium 86mg 6%

Iron 0.6mg 4%

Potassium 287mg 6%

*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.