

Nutrition Facts

6 servings per container

Serving size

3/4 cups

Amount Per Serving

Calories

220

% Daily Value*

Total Fat 10g **13%**

Saturated Fat 0.834g **4%**

Trans Fat 0.036g

Polyunsaturated Fat 3.043g

Monounsaturated Fat 5.993g

Cholesterol 0mg **0%**

Sodium 400mg **17%**

Total Carbohydrate 30g **11%**

Dietary Fiber 8g **29%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Sugar Alcohol 0g

Protein 6g **12%**

Vitamin D 0mcg **0%**

Calcium 50mg **4%**

Iron 1.705mg **10%**

Potassium 413mg **8%**

*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.