

Nutrition Facts

8 servings per container

Serving size

1 cup

Amount Per Serving

Calories

260

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 2.44g **12%**

Trans Fat 0.224g

Polyunsaturated Fat 0.831g

Monounsaturated Fat 2.647g

Cholesterol 35mg **12%**

Sodium 60mg **3%**

Total Carbohydrate 35g **13%**

Dietary Fiber 7g **25%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Sugar Alcohol 0g

Protein 17g **34%**

Vitamin D 0.02mcg 0%

Calcium 79mg 6%

Iron 3.871mg 20%

Potassium 507mg 10%

*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.